

A Booke of Cookerie

And the order of Meates to bee serued
to the Table, both for Flesh
and Fish dayes.

With many excellent wayes for the dressing of
all visuall sortes of meates, both Bak't, boyld
or roasted, of Flesh, Fish, Fowle, or others,
with their proper sawces.

*As also many rare Inuentions in Cookery
for made Dishes : with most notable
preserue of sundry sortes of Fruits.*

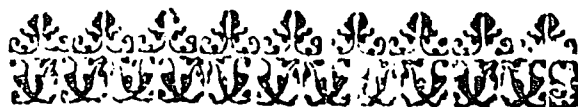
Likewise for making many precious Waters,
with diuers approued Medicines
for grieuous diseases.

*With certaine points of Husbandry how to Order
Oxen, Horses, Sheepe, Hogges, &c. with
many other necessary points for
Husbandmen to know.*



LONDON,

Printed by F. A. and are to be sold by F.
Groue, dwelling vpon Snow-hill. 1629.



Heere followeth the order of Meates,
how they must bee served at the
Table.

Seruices for Fleish dayes at Dinner.

The first Course.

Pottage of steeves broath . boyled meate
of steeved meate, Chickins and Bacon,
powdered Beefe, Dyes, Gose, Pigge roasted
Beefe roasted Cleale, Custard.

The second course.

Roasted Lambe . roasted Capons , roasted
Conyes . Chickins, Peabens Baked Tenu-
son, Tart.

The first course at Supper.

A Sallet, Pigges, Perittotes, Powdered
Beefe sliced . a Shoulder of Buttion , or a
breast, Cleale, Lambe, Custard.

The second course.

Capons roasted . Conyes roasted , Chic-
kins roasted , Pigeons roasted , Larkes ro-
sted, a Dye of Pigeons or Chickins , Baked
Tenuison, Tart.

The order of seruise

The seruise at Dinner.

A dozen of Quails, a dish of Larkes, two Pasties of red Dere in a dish, Tart, Ginger-bread, Fritters.

Seruise for Fish dayes.

Butter, a Sallet with hard Egges, Potage of sand Geles, and Lamperns, red Herring græne bzoyled, white Herring, Ling, Haberdine, Mustard, salt Salmon minced, two Pasties of Fallow Dere in a dish, a Custard, a dish of Leaches.

The second course.

Jelly, Peacocks, sauce Wine and salte, two Conyes or halfe a dozen Rabets, sauce Mustard and Sugar, halfe a dozen of Pigeons, Mallard, Teyle, sauce Mustard and Hieruyce, Gullies, Storke, Peronshew, Crab, sauce Valentine, Curlew, Bitture, Mustard, Feasant, sauce Water and salt with Dryons flyed, halfe a dozen Woodcockes, sauce Mustard and Sugar, halfe a dozen Teales, sauced as the Feasants, a dozen of Quails, a dish of Larkes, two Pasties of red Dere in a dish, Tart, Ginger-bread, Fritters.

Seruise for Fish dayes.

Butter, a Sallet with hard Egges, red Herring græne bzoyled, white Herring, Ling,

at the Table.

Ling, Haberdine, sauce Mustard salt Salmon minced, sauce Mustard and Hieruyce, and a little Sugar, powdered Conger, Shad, Backrell, sauce Vineger, Whitting, sauce with the Liuer and Mustard. Playce, sauce Sozrell, Wine and Salt, Mustard, or Hieruyce, Thornebacke, sauce Liuer and Mustard, Pepper and salt strewed vpon, after it is bzoyled: fresh Cod, sauce Græne sauce, Dace, Pullet, Geles vpon soppes, Roche vpon soppes, Perch, Pike in pike sauce, Trowte vpon soppes, Tench in Gelly, or Gorseill, Custard.

The second course.

Flounders or Flokes, pike sauce, fresh Salmon, fresh Conger, Brette, Turbut, Breame vpon soppes, Carpe vpon soppes, Soles or any other fish fryed, roasted Gele sauce the dripping, roasted Lamperns, roasted Porpos, fresh Sturgeon, sauce Valentine, Creuis, Crab, Shrimps, sauce Vineger.

Baked Lamprey, Tart, figges, Apples, Almondes blanches, Chæse, Raisins, Peaces.

[For Boyld Meates.

To boyle a Brawne.



Take your Brawne, and when you haue cut him out, lay him in faire water foure and twentye houres, and shift it foure or fve times, and scrape and binde vp those that you shall thinke good, with Hemp: binde one handfull of greene Willowes together, and lay them the in the bottome of the panne, and then put in your Brawne, and skim it very cleane, and let it boyle but softly, and it must be so tender, that you may put a straw through it, and when it is boyled enough, let it stand and coole in the panne, and when you take it vp let it lye in trapes one houre or two, and then make sowcing drinke with Ale and water, and salt, and you must make it very strong and so let it lye a weeke before you spend it.

To boyle meates for Dinner.

Take the ribbes of a necke of Mutton, and stuffe it with Margerum, Sauerie, Lime Parsly chopped small, Currants, with the yolkes of two Egges, Pepper and Salt, then put it into a Posnet with faire water,

water or else with the liquoz of some meat, with Vineger, Pepper and Salt, and a little Butter, and so serue it.

To boyle meates for Supper.

Take Meale and put it into a posnet with Carret rootes, cut in long peeces, then boyle it & put thereto a handfull of Prunes and crummes of Bread, then season it with Pepper, Salt, and Vineger.

To boyle a legge of Mutton with a Pudding.

First with a knife raffe the skin round about, till you come to the bonnes, and when you haue perboyled the meate, shred it fine with Seluet or marrow, Parsly, Margerum, and Penny all: then season it with Pepper and Salt, Cloues, Spice, and Sinnamon and take the yolks, of 9. or 10 Egges, and mingle with your meate a good handfull of Currans, and a few minced Dates, and put the meate into the skin of the legge of Mutton and close it with pitch, and so boyle it with the broath that you boyle a Capon, and let it seeth the space of two houres.

To boyle a Lambes head and Purtenance.

Straine your broth into a Pipkin, and set it on the fire, and put in Butter, and skim it

it as cleane as you can, & put in your meate, and put in Carduus, and cut it a little, and straine a little Pest and put into it, and Currans and Prunes, and put in all manner of spices, and so serue it vpon sops.

To boyle a Mallard with
Cabbage.

Take some Cabbage and picke and wash them cleane, and perboyle them in faire water, then put them into a Colander, and let the water runne from them cleane, then put them into a faire earthen pot, and as much swete broth as will couer the Cabbage, and swete Butter, then take your Mallard and roste it halfe enough, and saue the dripping of him, then cut him in the side, and put the Mallard into the Cabbage, and put into it all your dripping: then letting it steew an houre, season it with salte, and serue it vpon soppes.

To boyle a Ducke with
Turneps.

Take her first and put her into a pot with stewed broth, then take Parsly, and swete hearbes and chop them, and perboyle the Rotes very small in another pot, then put vnto them swete Butter, Cinamon, Ginger, grosse Pepper and whole Pease, and

and so season it with Salt, and serue it vpon soppes.

To boyle Mutton and Chickins.

Take your Mutton and Chickins, and set vpon the fire, with faire water, and when it is well cummed, take two handfulls of Cabbage Lettice, a handfull of Currans, a good peece of Butter, the iuyce of two or thre Lemmons, a good deale of grosse Pepper, and a good peece of Sugar, and let them sath all well together, then take thre or foure yelkes of Egges together hard roasted & straine them with part of your broth, let them sath the quantity of an houre: then serue your broth with meate vpon soppes.

To boyle Chickins.

First you shall take Chickins and boyle them with Stapes and with a racke of Mutton together, and let the racke of Mutton boyle before the Chickins one houre and a halfe, then make a bunch of Hearbes with Rosemary, Thyme, Sauoye and Hyssope, and also Marjoram, and binde them fast together, put them in the pot, and when you see your time put in your Chickins with Parsly in their bellies and a little swete Butter, beringre and pepper, and when you haue

have so done, boyle your Grapes in a little pipkin by themselves, with some of the broth of the Chickins, but take heede you boyle not them too much, nor yet too little, and then take the yolkes of five Egges, and straine them with a little broth of the pot, and when they are strained put them in the Pipkin to the Grapes, and stirre them, and when they begin to boyle, take them from the fire, and stirre them a good while after you have taken them up, and then have your Appite ready in a platter, and lay your meate upon it, then take your pipkin with Grapes and all that is in it, and poyze it upon the meate: And after this sort set it in.

Another way to boyle Chickins.

Straine your broth into a pipkin, and put in your Chickins, and skim them as cleane as you can, and put in a peece of Butter, and a good deale of Saffrell, and so let them boyle, and put in all manner of spices and a little veruyce, and a few Barberies, and cut a Lemon in peces, and scrape a little Sugar upon them, and lay them upon the Chickins when you serue them up, and lay soppes in the dish.

Another

Another way to boyle Chickins.

You must straine your broth into a pipkin and let it a boyling, and skim it, putting in a peece of Butter, and Cardine, and so let it boyle, with a few Currans, and all manner of spices, and so serue it on soppes.

To boyle a Neates tongue.

In primis in faire water and salt, then péele it, and cut it in the middle, and then boyle it in red wine, and fill it full of Cloues, and a little Sugar, and then wash it with a little sweet broth, to doe away the sent of the Wine and you must make a little red Musket with red wine and Runces boyled together, then straine it, and straine a little Mustard in a fine cleat together, and so serue it.

To boyle a Pigs Petitoes.

Take and boyle them in a pinte of Clergice and Mustard, take 4 Dates minced with a few small Raisins, then take a little Lime and chop it small and season it with a little Cinamon and Ginger, and a quantity of Clergice.

To boyle a Cony.

You must boyle your Cony, and straine your sweet bread into a Pipkin and put in your meate. Skim it as cleane as you can, and put in a good deale of Cardine, and cut it a little

a little and a good peece of Butter, and all kinde of spices, and a little Terejuyce, and so serue it on soppes.

To lincere a Cony.

Take the Liners and boyle them, and chip it, and sweet Hearbs, Apples, and the yolkes of hard Egges, and chop them all together, and Currans, Sugar, Cinamon, Ginger and Parsly, and fill the Cony full thereof, then put her into the swete broth, and put in sweet Butter, then chop the yolke of hard egges, cinamon, ginger, sugar, and cast it on the Cony, when you serue it vp, season it with salte, serue it on soppes, and garnish it with fruite.

To boyle Conyes.

Take a Cony and perboyle it a little, then take a good handfull of Parsly and a few swete Hearbs, and the yolkes of foure hard Egges, chop them all together, then put in Pepper and a few Currans, and fill the Conyes bolly full of Butter, then pynke her head between her hinder legs, but breake her not, and put her into a saite earthen pot with Putten broth, and therell of the stiffe role it vp round, and put it in with all, and so boyle them well together, and serue it with soppes.

To

To boyle a Capon.

Put the Capon into the powder Base pot, & when you thinke it almost tender, take a little pot and put therein halfe water and halfe Wine, Parrots, Currans, Dates, whole Peace, Terejuyce, Pepper, and a little Time.

Another way to boyle a Capon.

Sceeth the Capon it selfe in water and salt and nothing else, and to make the broth, take strong broth made with Beefe or Putten broth, so that it be strong broth, and put into it Rosemary, Parsly and Time, with 4. leaues of Sage, this let seeth in it a good while, and then put into it small raisins and a few whole Peace. A quarter of an houre befoze it be ready to be taken from the fire, haue ready sodden 4. or 5. egges boyled hard, take nothing out but the yolkes, straine the egges with a little of the same broth and terejuyce, haue a little marrow cut in small peeces, and if that time of yeere doe serue, take the best of Lettice, cutting off the tops to the best, and take a few Pynces with two or three Dates. Thus let it seeth a quarter of an houre or more, and when it is ready to take vp, haue your dish with sops ready and the water well strained out of the Capon,

and

and then season the broath with a little pepper then take it and dish it, and scrape vpon it a little Sugar laying the Prunes round about the dish side.

To boyle a Capon with
sirrop.

Boyle your Capon in sweet broath, and put in grosse Pepper and whole Mace into the Capons belly and make your sirrop with Spinage, white wine and Currans, Sugar, Cinamon and Ginger, and sweet Butter and so let them boyle. & when your Capon is ready to serue, put the sirrop on the Capon, and boyle your Spinage befoze you make your sirrop.

To boyle a Capon with Oranges
and Lemmons.

Take Oranges and lemons pilled, and cut them the long way, and if you can, keepe your Cloues whole, and put them into your best broth of Mutton or Capon, with Prunes or currans, and thre or foure dates, and when they haue bene well sodden, put whole Pepper, great Mace, a great peece of sugar, some Rose water, and either white or Clarct wine, and let all these seeth together a while, and serue it vpon soppes with your Capon.

To

To boyle a Capon in white broth
with Almonds.

Take your Capon with Parrow bones, and set them on the fire, and when they be cleane skimmed, take the fattest of the broth, and put in a little pot with a good deale of Parrow Prunes, raylins, Dates, a hole Mace, and a pinte of white Wine, then blanch your Almonds and straine them, with them thicken your pot, and let it seeth a good while, and when it is enough serue it vpon sops with your Capon.

To boyle a Capon in white
broth.

Take a good Capon and scalde him, then trusse him, and when he is faire washed put him into your pot, and take a good Parrow bone or two, or if you haue no marrow-bones take a necke of Mutton, and when your Capon is halfe boyled take a pottle of the uppermost of your broth and put it into a faire Posnet, then take 2. handfuls of fine Currans, and right Dates, cut euery one of them in foure peces, and foure or five whole Mace, foure spoone fuls of Mergise, and so much Sugar as an Egge, a little Time, and a little Parsly, and a little Margetrum, and if you haue no Margetrum then one small spig
of

of Rosemary. binde all your hearbes fast together, and when you haue cleane washed them, put to the saide hearbes Sugar, Currans, Mace, and Cloues into your posnet, and a grated Nutmeg, and let them boyle all together, and when it is almost tynough, haue a small handfull of Almonds blanched, beaten and strained with a little of the same liquor, and put that into your broth a good quarter of an houre before you take it vp, and that will make it white, you must also put in some good peeces of marrow, and let not the marrow and the Dates seeth aboue halfe an houre, you must take a good handfull of Baynes, and tye them in cleane clothes, and seeth them in the broth where the Capon is, when you take vp your Capon to serue it in, lay a few supplits, in the bottome of your platter, and lay a few Baynes and Barberries both about the brym of the platter, and also vpon the Capon: you may boyle Chickens in the like sort.

To boyle Pigeons in black-broth.

First roast them a little, then put them in an earthen pot, with a little quantity of sweet broth, then take Onions and slice them, and set them on the coales with some Butter, to take away the scent of them, put them

them into the Pigeons, and laye it with a tosse of Bread, drawne with vineger, then put some sweet hearbes halfe cut, and Sinnamon, Ginger, and grosse Pepper, let them boyle, season them with salt, serue them vpon sops, and garnish them with Sewit.

To boyle Muggets.

First perboyle them, and take White and chop them both together, and put Currans, Dates, Sinnamon, Ginger, Cloues, and Mace, grosse Pepper, and Sugar if you will, two or thre yolkes of Egges, and seeth them together, with salt, and put in the Masse into the cables of Button, then put them in dishes, and take two or thre Egges white & all, putting them on the Cables, and make some pretty sauce for them.

To boyle Pye meate.

Take a leg of Button, and mince it very fine with se wit, and seeth it in a little pan or an earthen pot with butter, and season it with Cloues, and Mace, great Baynes, Baynes, and salt, and serue it in a dish, and if you will put in some iugge of Meringe, laying halfe an Meringe vpon it.

To make boyled meate after the French manner.

Take Pigeons and lathe them, and then put them on a Broach, and let them be halfe roasted, then take them off the Broach, and make a Budding of swete hearbes of euery sozte a good handfull, and chop Dre white amongst the hearbes very small, and take the yolkes of five or six Egges, and grated bread, and sea on it with Pepper, Sinamon and Ginger, Clouer and Pace. Sugar and Currans. and mingle all together, and then put the Masse on the Pigeons, round about, and then put the Pigeons into the Cabbedges that be perboyled, and binde the Cabbedge fast to the Pigeons, and then put them into the pot where you meane to boyle them, and put in Base broth into them, and Cabbedger chopped small, and so let them boyle, and put in Pepper, Cloues and Pace, and picke the Pigeons full of Cloues befoze you put the Budding on them. and put a peece of Butter, Sinamon and Ginger, and a little Vineger and white Wine & so serue them vp, and garnish them with fruit, and serue one in a dish, and but a little of the broth you must put into the dish, when you serue them vp.

To

To boyle Teales.

Take swete broth and Onions, and shred them, and Spinage, then put in Butter and Pepper, & leye it with toastes of Bread, with a little Verjuice, and so serue it on soppes.

To boyle Plouers.

You must straine your swete broth into a pipkin & set them on the fire, and when they boyle, you must skim them, then put in a peece of Butter, & a good deale of Spinage, and a little Parsly, and a peece of Carret rote cut very small, and a few Currans, and so let them boyle, and all manner of Spices, and a little white Wine, & a little Verjuice, and so serue them vpon sops.

To boyle Quails.

First put them into a pot with swete broth, and set them on the fire, and then take a Carret rote, and cut it in peeces and put it into the pot, then Parsly with swete hearbes, and chop them a little and put them into the pot, then take Sinamon, Ginger, Nutmegs and Pepper, and put in a little Verjuice, and so season it with Salt, serue them vpon soppes, and garnish them with fruit.

R 2

To

To boyle Larkes.

Take sweete bread, and straine it into a pipkin, then set it on the fire and put in a peece of Butter, skim it as cleane as you can and put in Spinage and Endive, cut it a little and so let it boyle, then put in Pepper, Cloves, Mace, Cinamon, Ginger and a little Marjorye, and when you serue them vp, lay soppes in the dish.

To make a Mortis.

Take Almonds and blaunch them, and beate them in a morter, then boyle a Chicken, and take all the flesh off him and beat it, and straine all together with Milke & water, and put them into a pot, and put in Sugar, and stir them still, and when it hath boyled a good while, take it off, and set it cooling in a payle of water, and straine it againe with Rose water into a dish.

For Stew'd Meates.

To stew Steakes betweene two dishes.

You must put Parsly, Currans, Butter, Marjorye, and 2. or 3. yolkes of Egges, Pepper, Cloves and Mace, and so let them boyle together, and serue them vpon soppes.

To

Cookerie.

19

To stew Steakes of Mutton.

Take a peece of Mutton and cut it in peece, wash it very cleane, and put it into a faire pot with Ale, or with halfe wine, then make it boyle, and skim it cleane, and put into your pot, a faggot of Rosemary & Thyme, then take some Parsly picked fine, and some Onyons cut round and let them all boyle together, then take Prunes, Raisins, Dates and Currans, let it boyle all together, and season it with Cinamon, Ginger, Nutmegs two or three Cloves and Salt, and so serue it on soppes and garnish it with fruit.

To stew Calues feete.

Take Calues feete faire blanch'd, and cut them in the halfe, and when they be more then halfe boyled put to them great Raisins, Mutton broth a little Saffron, and sweete Butter, Pepper, Ginger, and some sweete hearbes finely minced: boyle Calues feete, shap'd feete, or Lambes feet with Mutton broth, sweete hearbes and Onyons chopped fine, Butter & Pepper. and when they boyle, take the yolke of an Egge and straine it with Marjorye, and so serue it.

To stew a Mallard.

Take a Mallard, and scath him in faire water, with a good Parie bone, and in

Cabbedge mozt, o2 Cabbedge lettice, o2 both
o2 some Parsney rootes, and Carret rootes,
and when all these be well sodden, put in
Pyunes enough, and thre Dates, and season
him with Salt, Cloues and Mare, and a lit-
tle Sugar and pepper, and then serue it forth
with sippets, and put the marrow vpon them,
and the Dates quartered, then the Pyunes,
and the rootes cut in round slices, and lay
them vpon the sippets also, & the Cabbedge
leaves lay vpon the Pallard.

To stew a Cocke.

You must cut him in fire peeces, & wash
him cleane, then take Pyunes, Currans,
and Dates, cut very small; Raisins of the
Sunne, and Sugar beaten very small, Si-
namon, Ginger and Nutmegs likewise bea-
ten, and a little Baydenhaysse cut very smal,
then you must put him in a Pipkin, and put
in almost a pinte of Muscadine; and then
your Spice and Sugar vpon your Cocke,
and put in your fraite betwene euery quar-
ter, and a peere of Golde betwene euery peere
of your Cocke, then you must make a Lid of
Wood fit for your pipkin, and close it as
close as you can with paste; that no ayre
come out, nor water can come in, and then
you

you must fill two brasse pots, so that the
pipkins sette touch not the brasse pot bot-
tome nor the pot sides, and so let them boyle
24. houres, and fill vp the pot still as it
boyles away, with the other pot that stands
by, and when it is boyled take out your
Golde, and let him drinke it fasting, and it
shall helpe him, this is approued.

To slowce a Pigge.

Take white Wine, and a little Sweete
bzoth, and halfe a score Nutmegs cut
in quarters, then take Rosemary, Bayes,
Time, and swete Margerum, and let them
boyle together, skim them very cleane and
when they be boyled, put them into an ear-
then pan, and the sirroy also, and when you
serue them, put a quarter in a dish, and the
Bayes and Nutmegs on the top.

For Rost Meates.

To make Aloes.

Take a Leg of Aleale o2 Battou and slice
it in thinne slices, and lay them in a plat-
ter, and cast on Salt, and put thereon the
yolkes of tenne Eggs, and a great sorte of
small Rayns and Dates finely minced, then

take vineger and a little Saffron, Cloues and Mace, and a little Pepper, and mingle it together, and pouze it all about it, and then all to worke it together, and when it is thoroughly seasoned put it on a spit, and set plates vnderneath it, and haile it with Butter and then make a sauce with Vineger, Ginger and Sugar, and lay the Aloes vpon it and so serue it in.

To make a Pudding in a breſt of Veale.

Take Parſly and Lime, waſh them, pick them and chop them ſmall, then take 8. yolkes of Egges, grated Bread, and halfe a pinte of Creame being very ſweet, then ſeaſon it with Pepper, Cloues and Mace, Saffron and Sugar, ſmall Raiſins and ſalt, put it in and roſte it and ſo ſerue it.

To roſte Deares tongues.

Take Deares tongues and larde them, and ſerue them with ſweete ſauce.

To roſte a Hare.

VVaſh her in faire water, perboyle her, then lay her in colde water, then larde her and roſt her, and for ſauce take Red wine, Salt, Vineger, Ginger, Pepper, Cloues and Mace, put theſe together, then mince Onyons and Apples, and fry them in a pan, then put your ſauce to them with a little

little Sugar, and let them boyle together, and then ſerne it.

Another way to roſte a Hare.

You muſt not cut off her head, taſte nor eares, but make a Pudding in her belly, and put paper about her eares that they burne not, and when the Hare is roſted you muſt take Cinamon and Ginger, and grated bread, and you muſt make very ſweet ſauce, then put in ſome Barberies and let them boyle all together.

To roſte a Carpe or Tench with a Pudding in his belly.

Take the Rones of a Pipe, and chop them very ſmall, then put in grated bread two or three Egges, Currans, Dates, Sugar, Cinamon, Ginger, Mace, Pepper and Salt; and put it in his belly, and put him on a broach, and make ſweet ſauce with Barberies, or Lemmons minced, and when the Carpe is roſted, put it on the Carpe, and ſo ſerue it by.

A Sauce for a Cony.

Cut Onyons in rundels, and fry them in Butter, then put to them wine vineger, Salt, Ginger, Camomill and Pepper, and a little Sugar, and let it boyle till it be good and faſt, then ſerne it vpon the Cony.

For

For Bak'd Meates.

To bake a Gammon of Bacon.

Take a Gammon of Bacon, waſh it ſixe dayes, and perboyle him halfe enough, and lay him in preſſe. then take the ſwerde of him and ſtuffe him with Cloues, and ſeaſon him with Pepper and Saffron, and cloſed vp in a ſtanding Pye, bake him, and ſo ſerue him.

To bake a Gammon of Bacon to keepe colde.

You muſt firſt boyle him a quarter of an houre before you ſtuffe him, then ſtuffe him with ſwete Hearbes and hard Egges chopped together, or Parſly.

To bake a fillet of Beefe to keepe cold.

Mince him very ſmall, and ſeeth him with Pepper and Salt, and make him vp together accordingly and put them into your pye, and larde them very thicke.

To bake fillets of Beefe or clods, in ſtead of red Deere.

Firſt take your Beefe and Larde it very thicke, then ſeaſon it with Pepper and Salt, Saffron and Ginger, Cloues and Pace good ſtoze, with a great deale more quantity

quantity of Pepper and Salt, then you would a peece of Cleniſon, then couer it vp in paſſe and when it is baked, take Vineger, Sugar, Saffron and Ginger, and put in it, then ſhake the Paſtie, and ſtop it cloſe, and let it ſtand almoſt a fortnight before you cut it vp.

To bakes a Neates tongue.

Firſt powder the Tongue three or ſoure dayes, and then ſeeth it in faire water, then blanch it and Lard it, and ſeaſon it with a little Pepper and Salt, then bake it in a pye paſſe and before you cloſe vp your Pye, ſcrew vpon the Tongue a good quantity of Cloues and Pace beaten into powder, and vpon that halfe a pound of Batter, then cloſe vp your Pye very cloſe, but make a round hole in the top of the pye. When when it hath ſtood more then ſoure houres in the Ouen, you muſt put in halfe a pint of Vineger or more, and ſhake the Vineger is tharpe cloſe vpon the hole very cloſe with a peece of paſſe, and ſo ſet it into the Ouen againe.

To make a Pye to keepe long.

Firſt perboyle your ſtuff and preſſe it, and when it is preſſed, ſeaſon it with Pepper and ſalt, ſhake it is hot, then larde it, make your

your paste of Rie flower, it must be very thicke or else it will not holde, when it is seasoned and larded, lay it in your Pye, then cast on it befoze you close it a good deale of Clones and Pace beaten small, and throw upon that a good deale of Butter, and so close it vp, you must leaue a hole in the top of the lid, and when it hath stood thre houres in the Duen you must fill it as full of Vineger as you can, then stop the hole as close as you can with paste, and then set it into the Duen again, your Duen must be very hole as at first, and then your Pyes will keepe a great while, the longer you keepe them, the better they will be: when they be taken out of the Duen and almost colde, you must shake them betwene your hands, and set them with the bottome upward, and when you set them in to the Duen, take great heed that one peece touch not another by more then one hand bredth: Remember also to let them stand in the Duen after the vineger be in two houres and more.

To bake Calues feete.

Take Calues feete and boyle them, and chop them fine, and a pound of white, and chop it with them, then chop an Onyon small and put it in them, then take Prunes, Dates

Dates and Currans, and put to them, season them with Pepper, Nutmegs, and a little large Pace, then put in some Egges, and stirre it all together, and put it into a Pie, and let it bake two houres, then put in a little Veriuyce and Sugar, and so serve it.

Another way to bake Calues feete.

Season them with Salt, Pepper, Butter, and Currans if you will, and when they be baked put in a little white Wine and Sugar, or Vineger and Sugar, or Veriuyce and Sugar.

To bake a Leg of Veale.

Take a Leg of Veale, and cut it in slices, and brate it with the backe of a knife, then take Lime, Paragerum, Penirvall, Sauery and Parsly, and one Onyon, chop them all together very small, then breake in some Egges whites and all, and putting in your hearbes, season it with Pepper, Nutmegs, Salt, and a little Sugar, then stir them all together, and so wrap them vp like Aloes, and cast a few Currans, and Dates, with Butter amongst them.

Another bak't meate.

Take two pound of white, and a little Veale, and mince it together, then take a little Penirvall, Sauery, Paragerum, and vnset

vnset Leekes, chop them fine, and put in some Egges, and some Creame, then stirre it all well together, and season it with Pepper, Nutmegs and Salt, then put it into the pye, and cut the Lid, and let it bake till it be dyp, then serue it.

To bake a Brest of Veale.

TAke and breake the bones thereof in the middell, and perboyle him, then take out the bones, and season him with Pepper and Salt, and lay him in the coffin with a little sweete Butter, and close him vp, then make a Catole of the yolkes of Egges, and straine it, and then boyle it on a Chasing dish of coales, and season it with Sugar, and so put it in the pye, and set it into the Duen againe.

To bake a Leg of Lambe.

TAke a legge of Lambe, and cut out all the flesh, and saue the skin whole, then mince it fine, and White with it, then put in grated Bread and some Egges whites and all, and some Dates and Currans, then season it with some Pepper, Sinamon, Ginger and some Nutmegs, and Carrawaies and a little Creame, and temper it all together, then put it into the Leg of Lambe againe, and let it bake a little before you put it into
your

your Pye, and when you haue put it into your Pye, then put a little of the parding about it and when is almost baked, then put in Cleruyce, Sugar and sweete Butter, and so serue it.

To bake a Turkie, and take out his bones.

TAke a fat Turkie, and after you haue scalded him and washed him cleane lay him vpon a faire cloth, and slit him throught the backe, and when you haue taken out his garbadge then you must take out his bones so bare as you can, when you haue so done, wash him cleane, then trusse him, and pricke his backe together, and so haue a faire kettle of seething water, and perboyle him a little, then take him vp that the water may runne cleane out from him, and when he is colde, season him with Pepper and Salt, and then pricke him with a few Clones in the brest, and also draw him with Lard if you like of it, and when you haue made the coffin and layd your Turkie in it, then you must put some Butter in it, and so close him vp, in this sort you may bake a Goose, Pheasant or Capon.

To

To bake a Cony.

Seaſon him with Pepper and Salt, and put in Butter and Currans, and when it is baked, put in a little Meriuyce and Sugar into the Pye, and ſerue it by.

To bake Conyes.

Hauē fine paſte ready, waſh your Conies and perboyle them, and caſt them into colde water, then ſeaſon them with ſalt and Ginger, lay them into the Paſte, and vpon them lay leached larde, cloſe them and bake them.

To bake a Hare.

Take your Hare and perboyle him, and mince him, & then beate him in a mortar very fine, Līuer and all if you will and ſeaſon it with all kinde of Spices and ſalte. and doe him together with the yolkes of ſeauen or eight Egges, and when you haue made him by together, draw larde very thicke through him, and mingle them all together, and put him in your pye, and put in Butter befoze you cloſe him by.

To bake a kidde.

Take your kidde and perboyle him, and waſh it in Meriuyce and Saffron, and ſeaſon it with pepper, ſalt and a little Mace, then lay it in your coffin with ſweet Butter,
and

and the liquoz it was ſeaſoned in, and ſo bake it.

To make a Veale Pye.

Let your Veale boyle a good while, and when it is boyled, mince it by it ſelfe, and the White by it ſelfe, and ſeaſon it with Salt, Pepper, Sinamon, Ginger, Sugar, Cloues and Mace, and you muſt alſo haue Prunes, Raiſins, Dates and Currans, on the top.

To make Mutton Pyes.

Mince your Mutton and your White together, and when it is minced, ſeaſon it with Pepper, Sinamon, Ginger, Cloues, Mace, Prunes, Currans, Dates, Raiſins, and hard Egges boyled and chopped very ſmall, and throw them on the top, and ſo bake it.

To bake a Mallard.

Take three or foure Onyons, and ſtampe them in a mortar, then ſtraine them with a ſaucer full of veriuyce, then take your Mallard, and put him into the ſayce of the ſaide Onyons, and ſeaſon him with Pepper, and Salt, Cloues and Mace, then put your Mallard into the coffin with the ſaid ſayce of the Onyons, and a good quantity of Winter ſauorie, a little Time and Parsly chopped
C small,

small, and swete Butter, so close it vp, and bake it.

To make a Pye of Humbles.

Take your Humbles being perboyled and chop them very small with a good quantity of Butten sewet, and halfe a handfull of these hearbs following, Time, marjorū, Borage, Parsly and a little Rosemary, and season the same, being chopped with Pepper, Cloues and Mace, and so close your Pye and bake him.

Another way to bake the humbles of a Deere.

Mince them very small, & season them with Pepper, Sinamon, Ginger and Sugar if you will, and Cloues, Mace, dates and Currans, & if you will mince Almonds, and put vnto them, and when it is baked, you must put in fine fatte, and put in sugar, Sinamon and Ginger, letting it boyle and when it is minced put them together.

To bake Red Deere.

Take a handfull of Time, and a handfull of Rosemary, a handfull of winter Sauer, a handfull of Bay leaues, & a handfull of Fennell, & when your liquoz seeths that you perboyle your Venison in, put in your Peaches also, and perboyle your Venison vntill

vntill it be halfe enough, then take it out and lay it vpon a faire boarde that the water may runne out from it, then take a knife and prick it ful of haies, and while it is warme, haue a faire Tray with Vineger therein, and so put your Venison therein, from morning vntill night, and euer now and then turne it vpside downe. and then at night haue your Coffin ready, and this done season it with Sinamon, Ginger, Nutmegs. Pepper and Salt, and when you haue seasoned it, put it into your Coffin, and put a good quantity of swete Butter into it, and put it into the Duen at night when you goe to bed, and in the morning draw it forth, and put in a saucer full of Vineger into your Pye, at a hole aboue in the top of it, so that the Vineger may runne into euery place of it, & then stop the hole againe and turne the bottoms vpsward, and so serue it in.

To bake Chickins.

First season your Chickins with Sugar, Sinamon and Ginger, and so lay them in your Pye, then put in vpon them Gooseberries or Grapes, or Barberries, then put in some swete Butter, and close them vp, and when they be almost baked, then put in a

Cawdle made with hard Egges, and white Wine, and serue it.

To bake Chickins.

Seaſon them with Salt and Pepper, and put in Butter and ſo let them bake, and when they be baked, boyle a few Barberies, Prunes and Currans, & take a little white Wine or Ueruyce, and let it boyle, and put in a little Sugar, and ſet it on the fire a little, and ſtaine in two or thre yolkes of Egges into the wine, and when you take the diſh off the fire put the Prunes, Currans and Barberies into the diſh, then put them in all together into the Pye of Chickins.

To make Marrow Pyes.

Make fine paſte and put in the white of one Egge and Sugar, and when they are made in little coffins, ſet them into the Oven vpon a paper a little while, then take them out and put in marrow, and ſo cloiſe them vp and picke them, and ſet them in againe, and when they are broken ſerue them with blanch powder ſtrewed vpon them.

To bake Pigeons.

Seaſon them with Pepper and Salt and Butter.

To make a Florentine.

Take the kidneys of a lopne of Beale, that is roſted, and when it is colde, thred it fine, and grate as it were hake a Panchet very fine, and take eight yolkes of Egges and a handfull of Currans, and 8. Dates finely thred, a little Siſamoni, and Ginger, a little Sugar and a little Salt, and mingle them with the kidneys, then take a handfull of fine flower and two yolkes of Egges, and as much Butter as two Egges, and put into your flower, then take a little ſeething liquoz and make your paſte, & roule it abroad very thin, then ſtroke your diſh with a little butter, and lay your paſte in a diſh, and fill it with your meate, then draw another ſheet of paſte, thinne and couer it withall, cut it handſomly vpon the top, and by the ſides, and then put it into the Oven, and when it is halfe baked, draw it out, and take two or thre feathers, and a little Roſewater, and wet all the Couer with it, and haue a handfull of Sugar finely beaten, and ſtrew vpon it, and ſee that the Roſewater wet in euery place, and ſo ſet it in the Oven againe, and that will make a faire Ice vpon it: if your Oven be not hot enough to reare vp your Ice, then put a little fire in the ouens mouth.

To make Butter paste.

Take Homer, and seauen or eight Egges, colde Butter, and faire water or Rose water and Spices if you will, ehen make your Paste, and beat it on a boord, and when you haue so done, deuise it into two or thre partes, and diue out the peece with a rowling Pinne, and doe with Butter one peece by another, and then fold vp your Paste vpon the Butter, and diue it out againe, and so doe fve or sixe times together, and cut some for bearings, and put them into the Ouen, and when they be baked scrape Sugar on them, and so serue them vp.

To make good Resbones.

Take a quart of fine flower, lay it vpon a fine boorde, and make a hole in the midst of the flower with your hand, and put a spoonfull of Ale yeast thereon, and ten yolkes of Egges, and two spoonfulls of Sinamon, and one of Ginger, one of Cloues and Pace, and a quarterne of Sugar finely beaten, a little Saffron, and halfe a spoonfull of Salt, then take a dish full of Butter, melt it, and put into your flower, and thereby shall make your Paste, as it were for Panchet, and molde it a good while, and cut it in peeces of the bignesse of Duckes Eggs,

and

and so molde euery peece as a Panchet, and make then after the fashon of an inchorne broad aboue and narrow beneath, then set them in the Ouen, and let them bake thre quarters of an houre, then take two dishes of Butter and clarifie it vpon a soft fire, then draw it out of the Ouen and scrape the bottoms of them faire and cleane, and cut them onerthwart in foure peeces, and put them in a faire charger, and put your clarified Butter vpon them, and haue Sinamon and Ginger ready by you, and suger beaten very small, and ming'e all together, and euer as you set your paces together cast some of your Sugar, Sinamon and Ginger vpon them, when you haue set them all vp, lay them in a faire platter, and put a little butter vpon them, then cast a little Sugar on them, and so serue them.

To make a Vaunt.

Take marrow of Beefe, as much as you can holde in both your handes. cut it as bigge as great Dice, then take Dates and cut them the bignes of small Dice, and then take some forty Prunes, and cut the fruite from the stones, then take a halfe a handfull of small Raylins wash them cleane and picke them, and put your marrow in a faire

platter

platter and your Dates, Prunes and small Rayns, then take twenty yolkes of Eggs, and put in your Stuffe befoze rehearsed, then bake a quartern of Sugar or more, and beate it small, and put in your marrow, then take two spoonfulls of Sinamon and a spoonfull of Ginger, and put them to your stuffe and mingle them altogether, then take eight yolkes of Egges, and foure spoonfulls of Rosewater, straine them and put a little Sugar in it, then take a sayze fryng panne and pnt in a little peece of Butter in it, as much as a Walnut and set it vpon a good fire, and when it looketh almost blacke, put it out of your pan, and as fast as you can, put halfe of your Eggs in the midst of your pan, and fry it yellow, and when it is fryed, put it into a faire dish, and put your stuffe therein, and spread it on the bottome of your dish, and then make another Gaunt even as yee made the other, and set it vpon a faire board, cut it in pretty peces, of the length of your middle finger, as long as your Gaunt is, and lay it vpon your stuffe after the fashion of a little Window, and then cut off the ends of them, as much as lreth without the inward compasse of the dish, then set the dish within the Oven, or in a baking pan, and let it bake with

with leysure, and when it is baked enough, the Marrow will come faire out of the Gaunt to the bzin of the dish, then draw it out and cast a little Sugar on it, and so serue it in.

To make a sirrop for bak'd meates.

Take Ginger, Cloues, Pace, and Nutmegs, beate all these together very fine, and boyle them in good red Wineger, vntill it be somewhat thicke, this being done, drawe your Pye, when it is hard baked and a small hole being made in the couer thereof at the first, with a Tunnell of paste you must powze the sirrop into the Pye, that done couer the hole with paste, and shog the Pye well, and set it againe in the Oven till it be thoroughly baked, and when you haue drawne it, turne the buttome vntill it be serued.

To make fine Craknels.

Take fine Flower and a good quanty of Eggs as many, as will supplie the flowers then take as much Sugar as will sweeten the paste, and if you will not be at the cooste to raise it with Egges, then put thereto sweete water, Sinamon and a good quanty of Nutmegs & Pace, according to your bread, take a good quanty of Anniseeds, and let all this

this be mingled with your flower, and at the putting in your Egges or other moisture, then set on your water, & let it be at seething betwixt you put in your Cracknels in it, they will goe to the bottome, and at their rising take them out and drye them with a cloth, then bake them.

To make fine Bisket-bread.

Take a pound of fine flower, and a pound of Sugar, mingle together, and a quarter of a pound of Anniseedes, foure Egges, two or thre spoonfulls of Rosewater, put all these into an earthen Panne, and with a sticke of Wood heate it the space of two houres, then fill your moldes halfe full; (your moldes must be of Tinne) and then set it into the Duen, your Duen being so hot as it were for Cheate bread, and let it stand one houre and a halfe. you must annoynt your moldes with Butter before you put in your Masse, and when you will vse any of it, slice it thinne, and drye it in the Duen, your Duen being no hotter then you may abide your hand in the bottome.

Another to make fine Bisket-bread.

First take halfe a Pecke of fine white flower, also eight new layde Egges, the whites and yolkes beaten together, then put the

the said Egges into the flower, then take eight Graines of fine Yace, and stamp it in a mortar, then put halfe a pinte of good Damask water or else Rosewater into the Yace, and mingle it together, and put it into Wine or Muscadine, but Muscadine is better, and put it into the flower, also one ounce of good Anniseedes cleane picked and put therein, and so to worke them all together into a Masse, as yee doe bread, and then make your Biskets into what fashion you thinke best, and then put them into an oven, and bake them hard if you will keepe them long, or else but indifferent: If you will haue it candite, take Rosewater and Sugar, and boyle them together till they be thicke, and so like slices of bread, set it hote in the Duen untill the same be candite.

To make fine Bread.

Take halfe a pound of fine Sugar well beaten, and so much flower, and put thereto the whites of foure Egges, and being very well beaten, you must mingle them with Anniseedes bruised, and being all beaten together, put it into your molde, melting the same ouer first with with a little Butter, and so set it in the Duen, then turne it twice or thrice in the baking.

For Tartes.

To make all manner of Fruite
Tartes.

You must boyle your Fruite, whether it be apple, Cherry, peach Damson, Pearre, Mulbery or Codling in faire water, and when they be boyled enough, put them into a bowle, and bruiſe them with a Lodle, and when they be colde, ſtraine them, and put in red Wine, or claret Wine, and ſo ſeaſon it with Sugar, Sinamon and Ginger.

To make a Tarte of Coſtards.

You muſt take halfe a hundredeth of Coſtards, and pare them, and cut them, and aſſone as you haue cut them, put them into a pot, and put in two or three pound of Sugar, and a pint of water, and a little Roſe water, and ſtirre them from the time you put them in, untill the time you take them out againe, or elſe you may alſo put it into a diſh, and when your Tarte is made, put it into the Oven, and when it is baked, endoe it with Butter, and throw Sugar on the top, and then doe on your face, and ſet Comel on the top and ſerue it by.

To make a Tarte of Wardens.

You muſt bake your Wardens firſt in a Pye, and then take all the wardens and cut them in ſoure quarters, and coare them, and put them into a Tarte pinched, with your Sugar, and ſeaſon them with Sugar, Sinamon and Ginger, and ſet them in the Oven, and put no couer on them, but you muſt cut a couer, and lay on the Tact when it is baked, and butter the Tact and the couer too and endoe it with Sugar.

To bake Quinces, Peares, or
Wardens.

Take and pare and coare them, then make your paſte with faire water, and Butter & the yolke of 1. Eggs, then ſet your Quinces into the paſte, and then bake it well, fill your paſte almoſt full with Sinamon, Ginger and Sugar. Alſo Apples muſt be taken after the ſame ſort, ſauing that whereas the core ſhould be cut out they muſt be filled with Butter every one, the hardeſt Apples are beſt, and likewise are Peares and Wardens, but none of them all but the Wardens may be perboyled, and the Oven muſt be of a ſemperate heate: ſo two houres to ſtand is enough.

To

To make a close Tarte of greene Pease.

Take halfe a pecke of greene Pease, halfe them and seeth them, and cast them into a Callender, and let the water goe from them, then put them into the Tarte whole, and season them with Pepper, Saffron and salt, and a dish of sweet Butter, close and bake him alwaies an houre, then draine him and put to him a little Marjorice, and shake them and set them into the Ouen againe, and so serue it.

To make a Tarte of Rice.

Boyle your Rice, and put in the yolkes of two or thre Egges into the Rice and when it is boyled, put it into a dish and season it with Sugar, Sinamon, Ginger, and Butter, and the iuyce of two or thre Oranges, and set it on the fire againe.

To make a Tarte of Prunes.

Put your Prunes into a pot, and put in Red wine or Claret wine, and a little faire water, and stirre them now and then, and when they be boyled enough, put them into a bowle, and straine them with Sugar, Sinamon and Ginger.

To make a Tarte of Medlars.

Take Medlars that be rotten and stampe them, then set them vpon a Chaffin dish with

with coles, and beat in two yolkes of Eggs, boyling it till it be somewhat thicke, then season them with Sugar, Sinamon and Ginger, and lay it in paste.

To make a Tarte of Damsons.

Take Damsons, and seeth them in wine, and straine them with a little Creame, then boyle your Custe ouer the fire till it be thicke, put thereto Sugar, Sinamon and Ginger, but set it not into the Ouen after, but let you paste be baked before.

To make a close Tarte of Cherries.

Take out the Stones, & lay them as whole as you can in a Charger, and put Nuttard, Sinamon and Ginger into them, and lay them in a Tarte whole, and close them, then let them stand thre quarters of an houre in the Ouen, and then make a drop of Muskadine, and Damaske water and Sugar, and so serue it.

To make a Tarte of Strawberies.

Take Strawberies, and wash them in Claret wine, thicken and temper them with Rosewater, and season them with Sinamon, Sugar and Ginger, and spread it on the Tarte, and endore the sides with Butter and cast on Sugar and Biskets, and serue them so.

To

To make a Tarte of Strawberies.

VVash your Strawberies, and put them into your Tarte, then season them with Sugar, Sinamon and Ginger, and put in a little red Wine into them.

To make a Tarte of Hyppes.

Take Hyppes and cut them, and take the seede out, and wash them very cleane, and put them into your Tarte, and season them with Sugar, Sinamon and Ginger.

Likewise so you must preserve them with Sugar, Sinamon and Ginger, and put them into a gelly pot close.

To make a Tarte of Spinage.

Boyle your Egges and your Creame together, and then put them into a bowle, and then boyle your Spinage, and when they are byled, take them out of the water and straine them into your Stuffe before you straine your Creame, boyle your Stuffe and then straine them all again, and season them with Sugar and Salt.

Another way to make a Tarte of Spinage.

Take Spinage and wash it skilke and all, and when it is thnderly sodden, take it off, and let it draine in a Tullender, and then swing it in a cloth, stamp it and straine it with

with two or thre yolkes of Egges, and then set it on a Chaffindish of coales, and season it with Butter and Sugar, and when the Masse is hardened in the Dish put in this Comode, and stroke it euen.

To make a Tarte with Butter and Egges.

Breake your Egges and take the yolkes of them, and take Butter and melt it, letting it be very hotte ready to boyle, then put the Butter into your Egges, and so straine them into a bowle, and season them with Sugar and Salt.

To make a Tarte of an care of Veale.

Take two pound of great Rayns, and wash them cleane, picke them, and take the stones out of them, then take two Kidneys of Cleale, and a pece of the Leg which is leane, and boyle them all together in a pot with the straint of the broth of Button, and boyling it let it boyle the space of an houre, then take it vp and chop it fine, and temper it with crums of Bread finely grated, and take 9. yolkes of Egges, temper them all together, and season them with Sinamon, Ginger, Sugar, small Rayns, great Rayns minted, Dates and Saffron, then take fine flower and water, and thre yolkes of
D Egges

Egges, Butter and Saffron, and make them like a round Tarte, close with a couer of the same paste, and set it in the Oven, and let it stand one houre, then take it forth, and endoze it with Butter and cast on powder of Sina-
mon, Ginger and Sugar, and so serue it.

To make a Custard.

Take your Egges into one bowle, and put your Creame into another, then straine your Egges into the Creame, and put in Saffron, Cloues, Mace, and a little Sinamon and Ginger, and if you will some Sugar and Butter, and stirre it with Salt, and melt your Butter, and stirre it with the Ladle a good while, and dub your Custard with Dates or Currans.

To make Oyster Chewets.

Take a peck of Oysters, and wash them cleane, then steale them and wash them faire in a Cullender, and when they be sodden, straine the water from them, and chop them as small as Peye meate, then season them with Pepper, halfe a penny worth of Cloues and Mace, halfe a penny worth of Sinamon and Ginger, and a penny worth of Sugar, a little Saffron and Salt, then take a handfull of small Rayns, small Dates
minced

minced small, and mingle them al together, then make you Passe with one penyworth of fine flower, ten yolkes of Egges, halfe a penyworth of Butter, with a little Saffron and boyling water, then raise vp your Chewets and put in the bottome of euery one of them a little Butter, and so fill them with your stusse, then cast Runes, Dates and small Rayns vpon them and being closed, bake them let not your Oven be too hot, soz they will haue but little baking, then draw them, and put into euery one of them two spoonefull of Clerjaye and Butter, and so serue them in.

For Boyld Fish.

To boyle a Breame:

Take white Wine, and put it into a pot, and let it seeth, then take your Breame and cut him in the middest, and put him in, then take an Onyon and chop it small, then take Putnicks beaten, Sinamon and Ginger, whole Mace, and a pound of Butter, and let it boyle al together, and so season it with salt, serue it vpon soppes, and garnish it with fruit.

A Booke of To boyle Muskles.

Take water and y cast, and a good dish of Butter and Onyons chopt, and a little Pepper. & when it hath boyled a little while, then see that your Muskles be cleane washed, and put them into the broth shels and all, and when they boyled well then serue them hath and all.

To boyle Stocke-fish.

Take Stocke-fish when it is well watered, and picke out all the baste cleane from the fish, then put it into a pipkin, and put in no more water then will couer it, and set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to boyle on the other side, take it off and put it into a Cullender, and let the water runne out from it, but put in Salt in the boyling of it. then take a little faire water and swete Butter, and let it boyle in a dish untill it be something thicke, then potoze it on the Stock-fish and serue it.

To boyle diuers kindes of Fish.

Bet, Conger, Thornbacke, Playce, fresh Salmon, all these you must boyle with a little faire water and Vineger, a little salt, and Bay leaues, and sauce them in Vineger with

Cookerie.

51

with a little of the broath that they are sodden in and a little Salt, and as you see cause shift your sauce as you doe Boefe in brine: Also fresh Sturgeon, seeth it as is aforesaid, and sauce it as ye did the other, and so you may keepe it halfe a yeare with changing of the sauce: And salt Sturgeon, seeth it in water and Salt and a little Vineger, then let it be colde, and serue it forth with Vineger, and a little Fennell vpon it, but first ere ye seeth it, it must be watered.

To make blacke Puddings.

Take great Omeale, and lay it in milke to steape, then take Shapcs blood and put to it, also take Oxe white and mince into it, then take a few sweet hearbes, and 2. or 3. Leake blades, and chop them very small, and then put in it the yolkes of some Eggs, and season it with Cinamon, Ginger, Cloues, Mace, Pepper and Salt, and so fill them.

To make white Estings.

Take great Omeale steaped in milke, and put in the yolkes of some Eggs, also take Oxe white and mince it small, then season it with Sugar, Cinamon, ginger, cloves, mace, saffron and salt, and so fill them.

To make Sauledges.

Take Marlinmasse Beefe, or if you can not get it, take fresh Beefe, or the leane of Bacon if you will, and you must mince very small that kinde of flesh that you take, then cut Lard and put into the minced meat and whole Pepper, and the yolkes of seauen Egges, mingle them all together, and put the meate into a Cut very salt and hang it in the Chynep, where it may dry, and there let it hang a month or two before you take it downe.

To make a Sallet of all kinde of
Hearbes.

Take your hearbes and picke them very fine into faire water, and picke your flowers by themselves, and wash them cleane, then swing them in a Strayner, and when you put them into a dish, mingle them with Colcumbers or Lemmons payred and sliced, also scrape Sugar, and put in Clineger and Oyle, then spread the flowers on the top of the Sallet, and with euery sorte of the aforesaid thinges garnish the dish about them, take Egges boyled hard, and lay about the dish and vpon the Sallet.

To

To make a Sallet of Lemmons.

Cut out slices of the pæle of the Lemmons long wayes, a quarter of an inch one pæce from another, and then slice the Lemmons very thine, and lay him in a dish crosse, and the Pæles about the Lemmons, and scrape a good deale of suger vpon them, and so serue them.

Eor Fry'd Meates.

To fray Bacon.

Take Bacon and slice it very thinne, and cut away the Leane, and braise it with the backe of your knife, and fry it in swete Butter, and so serue it.

To fry Chickins.

Take your Chickins and let them boyle in very swete good broath a pretty while, and take the Chickins out, and quarter them out in pæces, and then put them into a frying-pan with swete Butter, and let them stew in the panne, but you must not let them be broyled with frying, and then put out the Butter out of the pan, and then take a little swete broath, and as much Hieruyce, and the yolkes of two Egges, and beate them together, and put in a little

D 4

Nutmegs,

Putmegs Sinamon and Ginger, and Pepper into the sauce, and then put them all into the pan to the Chickens, and stirre them together in the pan, and put them into a dish, and serue them vp.

To make Peascods in Lent.

Take Figs, Rayns and a few Dates, beate them very fine, and season it with Cloues, Mace, Sinamon and ginger, and for your paste seeth faire water & Dyle in a dish vpon coales, put there in Saffron, salt and a little Flower, fashion them then like Peascods, and when you will serue them, fry them in Dyle in a frying pan, but let the Dyle be very hot, and the fire soft for burning of them and when you make them for fleshy dayes, take a fillet of Meale and mince it fine, & put the yolks of two or thre raw Eggs to it, and season it with Pepper, Salt, Cloues, Mace, Honey, Sugar, Sinamon, Ginger, smal Rayns or great minced, and for your paste butter and the yolke of an Egge and season them then fry them in Butter, as we did the other in Dyle.

To make Fritter-stuffe.

Take fine Flower, and 3. or 4. Eggs and put into the flower, and a peece of Butter, and let them boyle al together in a dish or Chafer,

Chafer, and put in Sugar, Sinamon, Ginger and Rosewater, and in the boyling put in a little grated Bread to make it big, then put it into a dish and beate it well together, and so put it into your molde, and fry it with clarified Butter, but your butter may not be too hot nor too colde.

A Fritter to bee made in a molde.

Take Ore white, and mince it fine, then take Dates and mince them fine, also take Currans, Egges, white Bread grated, and season it with Sugar, Sinamon, ginger, Cloues, Mace and Saffron, and stirre it well together, then giue a thicke Cake of paste and lay it in the molde, and fill it with the stuffe, and lay another Cake of paste vpon it, then shake it about, and so fry it.

To make Fritters of Spinage.

Take a good deale of Spinage, and wash it cleane, then boyle it in faire water, and when it is boyled take it forth, and let the water runne from it, then chop it with the backe of a knife, and then put in some Egges and grated Bread, and season with sugar, Sinamon, ginger, pepper, dates minced fine, and currans, and wale them like a ball, and dip them in Batter, made of Ale and flower.

For made Dishes.

To make a pretty dish with Dates, and the juyce of two or three Orenge.

Straine them into a dish, and so make Chambers of paste upon a stick, put the sticks upon a loafe of Bread, and so dry them in the Duen, then clarifie a little Butter and fry them in, lay them in a dish, and serue sugar on them.

To make a Trifle.

Take a pinte of thicke Creame, and season it with Sugar, Ginger and Rosewater, and stirre it as you would, then beate it, and make it lukewarme in a dish upon a Chaffingdish of coales, and after put it into a glasse peece or a bowle, and so serue it.

To make cast Creame.

Take milke as it cometh from the cow a quart or lesse, and put thereto rawe yolkes of Egges, temper the Milke and the Egges together, then set the same upon a Chaffingdish, and stirre it that it Curd not, and so put Sugar in it and it will bee like Creame of Almonds, when it is boyled thick enough, cast a little Sugar on it, and sprinkle
Rose

Rosewater thereupon, and so serue it.

To make Blew-manger.

Take a pinte of Creame, and 12. or 16. yolkes of Egges, and strayne them into it, and seeth them well, ener stirring it with a sticke that is broad at the end, but befoze you seeth it, put in sugar, and in the seething taste of it, that you may if neede bee put in more Sugar, and when it is almost sodden put in it a litle Rosewater, that it may taste thereof, and seeth it well till it be thicke, and then straine it againe, if it hath need, or else put it into a faire Dish and stirre it till it be colde, and take the white of all the Egges, & straine them with a pinte of Creame, and seeth that with sugar, and in the end put in Rosewater as into the other, and seeth it till it be thicke enough, and then vse it as the other, and when you serue it, you may serue one Dish of one and another of the other in rolles, and cast on Wiskets.

To make Blew-mangle.

Take all the braine of a Capon, & stampe it in a mortar fine & blanched Almonds, and sometimes put to them Rosewater, then season it with powder of Sinamon, Ginger, and Sugar and so serue it vp.

To

To make a Apple moyse.

Roſte your Apples, and when they be roſted, pill them and ſtraine them into a diſh, and pare a dozen of Apples, and cut them into a Chaſer. and put in a little white wine and a little Butter. and let them boyle till they be as ſoft as Pap, and ſtirre them a little, and ſtraine them to ſome Wardens roſted and pilled, and put in Sugar, Sinamon and Ginger, then make Diamonds of paſte, and lay them in the Sunne. and ſcrape a little Sugar vpon them in the diſh.

To make a Quinces moyſe, or
Wardens moyſe.

You muſt roſte your Wardens or Quinces, and when they be roſted, pill them, and ſtraine them together, and put in ſugar, Sinamon and Ginger, and put it in a plate, and then ſmooth it with a knife, and ſcrape a little Sugar on the top, and marke it ſinely with a knife.

To make Almond butter.

Take Almonds and blaunch them, and beate them in a Morter very ſmall, and in the beating. put in a little water, and when they be beaten, poyze in water into two Pots, and put halfe into one, and halfe into another, and put in Sugar, and ſtirre them

them ſtill, and let them boyle a good while, then ſtraine it throught a ſtrayner with Roſe water, and ſo diſh it vp.

To make Almond Butter, after the beſt
and neweſt faſhion.

Take a pound of Almonds or more, and blanch them in cold water, or in warme, as you may haue leſſure, after the blanching let them lye one houre in colde water, then ſtampethem in faire colde water as fine as you can, then put your Almonds in a cloath, and gather your cloath round vp in your handes, and preſſe out the iuyce as much as you can, if you thinke they be not ſmall enough, beate them againe: and ſo get out milke ſo long as you can, then ſet it ouer the fire, and when it is ready to ſeoth put in a good quantity of Salt and Roſewater that will turne it, after that is in, let it haue one boyling, then take it from the fire, and caſt it abroad vpon a Linnen cloath and vnderneath the cloth ſcrape off the Mither, ſo long as it will runne, then put the Butter together into the middeſt of the cloath, binding the cloath together, and let it hang ſo long as it will drop, then take pecces of Sugar ſo much as you thinke will make it ſweete, and put thereto a little Roſewater, ſo much
as

as will melt the Sugar, and so much fine powder off Saffron as you thinke will colour it, then let both your Sugar and Saffron steepe together in the little quantity of Rosewater, and with that season vp your Butter when you will make it.

To make a made dish of
Artechokes.

Take your Artechokes and pare away all the top euen to the meate, & boyle them in swete broth till they be somewhat tender, then take them out, and put them into a dish, and seeth them with Pepper, Sinamon and Ginger, and then put in your dish that you meane to bake them in, and put in marrow to them good store, and so let them bake, and when they be baked, put in a little Vineger and Butter, and sticke thre or foure leaues of the Artechokes in the dish when you serue them vp, and scrape Sugar vpon the dish.

To make a fresh Cheese and
Creame.

Take a gallon or two of Milke from the Cowe, and seeth it, and when it doth seeth, put thereunto a quart or two of morning Milke: in faire cleansing pannes, in such as place as no dust may fall therein, and this

this is for your clotted Creame, the next morning take a quart of mornings milke, and seeth it, and when it doth seeth, put in a quart of Creame thereunto, and take it off the fire, and put it into a faire earthen pan, and let it stand vntill it be somewhat blood warme, but first euery night, put a good quantity of Ginger, with Rosewater, and stirre it together, and let it settle all night, and the next day put it into your sable blood warme milke to make your Cheese come, then put the Curdes into a faire cloth, with a little good Rosewater, and fine powder of Ginger, and a little Sugar, so fasten great soft rowles together with a thred, and crush out the whey with your clotted Creame, and mire it with fine powder of Ginger and Sugar, and so sprinkle it with Rosewater, and put your Cheese in a faire dish, and put these clototes round about it, then take a pinte of rawe Milke or Creame, and put it into a Pot, and all to make it, vntill it be gathered into a froath like Snowe, and euer as it commeth, take it off with a sponne, and put it into a Cullender, then put it vpon your fresh Cheese, and prick it with pins, and so serue it.

To

To make Marmelct of
Quinces.

You must take a pottle of Water, and foure pound of Sugar, and so let them boyle together, and when they boyle, you must skim them as cleane as you can, and you must take the whites of two or thre Egges, and beate them to froth, and put the froth into the panne for to make the skum to rise, then skim it as cleane as you can, and then take off the Kettle, and put in the Quinces. and let them boyle a good while, and when they boyle you must stirre them still, and when they be boyled enough you must boyle them.

Another Marmelct of Quinces.

Take very good Quinces and pare them, and cut them in quarters, then Coare them cleane, but take heed it be not a stony Quince, and when you haue pared and coared them, then take two pintes of running water, and put it into a Brazill-pan, casting away eight spoonfulls of one of the pintes, then weigh thre pound of fine Sugar, and beat it, put it into the water, and make your fire where you may haue good light, not in a Chimney, then set on your panne vpon a Treuet,

Treuet, and when your Sugar and water beginneth to boyle, you must scum it cleane, then put in 6. spoonfulls of Rosewater, and if there arise any moze scum, take it off, and so put in your 3. pound of Quinces, and let them boyle but softly, & if you see the colour ware somewhat deepe now and then with a faire lice be breaking of them, & when your liquor is well consumed away, and the colour of your Quinces to grow fairer, then be still stirring of it, and when it is enough, you shall see it rise from the bottome of your Pan in stirring of it, and so bore it, and you shall haue it to be good Marmelct and a very orient colour: If you will, you may put some Puske into it, some Rosewater, and rub your bore withall, it will giue a pretty sent, and it is a very good way.

To make Condomacke of Quinces.

Take five quartes of running water, and a quart of French wine, put them together, then take Quinces and pare them, and cut them till you come at the Coares, then weigh tenne pound of the Quinces, and put them into your Pan of water and wine, and boyle them ouer a quicke fire, til they be tender, keeping your panne very close covered,

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then

then take a peece of fine Cannasse and put your Quinces and liquoz in it, & when your strop is all runne through, put in so much fine Suoer as will make it swete and set it ouer a quicke fi e againe, stirring with a stick till it be so thicke, that a drop wil stand vpon a dish. then take it from the fire, and put it in boxes.

To make Manus Christi.

Take 6. spoons full of Rosewater, & graines of Ambergrece, and 4. graines of Pearle beaten very fine put these thre together in a saucer, and couer it close, and let it stand covered 1. houre, then take 4. ounces of very fine Sugar. braten small. & searce it throught a fine searce then take a litle earthen pot glasseo, and put into a spoonfull of Sugar, and a quarter of a spoonfull of Rosewater, then let the sugar and the Rosewater boyle together softly till it boerlie and fall againe 3. times. Then take fine Rose flower and sift it on a smooth board, and with a spoone take off the Sugar, and the Rosewater, and first make it all into a round Cake, and after into little Cakes, & when they be halfe colde, wet them ouer with the same Rosewater, and then laying on your golde, so shall you make very good Manus Christi.

Th:

The Names of all thinges necessary for a Banquet.

Sulger,	Sinamon,	Liquozice,
Pepper,	Nutmegs,	All kindes of
Saffron,	Saunders,	Comfits,
Aniseds,	Coliander,	Ozenges,
Pomegranet,	Lemmons,	Damasko
Loznesolp,	Rosewater,	water,
Prunes,	Rayns,	Dates,
Curtans,	Rye flower,	Cherries
Barberies	Ginger,	conserved,
conserved,	Cloues and	Sweet Den-
Pepper white	Wace.	ges,
and browne,		Wafers.

For your Marchpanes, seasoned and vnseasoned Spinages.

For Preserues.

To preserue all kinde of Fruites, that they shall not breake in the preseruing of them.

Take a Platter that is plaine in the bottome, and lay Sugar in the bottome, then Cherries or any other fruit, & betwixt
C 2
suet

every rowle you lay, thys Sugar, and set it vpon a pots head, and couer it with a dish and so let it boyle.

To preserve Quinces whole.

Take a pottle of faire water and put it into a cleane panno, and beate thre pound of fine Sugar and put into it, then set it on the fire, and when you haue skimmed it, put in 12. spoonesfull of Rosewater, then take ten faire Quinces and pare them, and coare them cleane, then put them into your sirrop and so couer them very close, for the space of two houres with a faire Platter, and let them boyle a good pace: and at the two houres end vncouer them, and loke whether you finde them tender, and also that they haue a faire crimson colour, then take them vp, and lay them vpon a faire platter, couering your sirrop againe, and letting it seth while it be somewhat thicke, then put your Quinces into your sirrop againe, and haue a faire gallipot, and put in both your sirrop and Quinces as fast you can, and couer your pot close, that the heate goe not forth, also take heede you put them not in a Glasse, for it will breake.

To

To preserve Peare Plummies.

First take 2. pound and a halfe of fine Sugar, and beate it small, and put it into a pretty brasse pot with 20. spoonesfull of Rosewater, and when it boyleth, skim it cleane, then take it off the fire, and let it stand while it be almost cold, then take 2. pound of Peare Plummies, and wipe them vpon a faire cloth, and put them into your sirrop when it is almost cold, and so set them vpon the fire againe, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yellow, then take them vp, but let your sirrop boyle till it be thicke, then put your Plummies vpon the fire againe, and let them boyle a while or 2. so take them from the fire, and let them stand in the vessel all night, and in the morning put them into your pot or glasse, and couer them close.

To preserve Oranges.

You must cut your Oranges in halfe, and pare them a little round about, and let them lye in Water, foure or five dayes, & you must change the water once or twice a day, and when you preserve them, you must haue a quart of faire water to put in your Sugar, and a little Rosewater, and

set it on the fire, and scum it very cleane, and put in a little Cinamon, then putting in your Oranges let them seeth a pretty while, and then take them out againe, and doe so sixe or seue times, and when they be enough, put in your Oranges, and let your sirrop stand till it be colde, and then pue the sirrop into your Oranges.

Another way to preserue Orenge.

Chusse out the fairest and the heaviest, that is full of liquoꝝ, and cut them full of little specks, then make a little round hole in the stalks of the Orange, and breake the stringes of the meate of the Oranges, and close the meate to the sides of your Oranges with your finger, then will part of the iuyce and kernels come out, and lay them in water thre dayes and thre nightes, then take them out, and set a Pan with water ouer the fire, and when it seethes put in your Oranges: but let them not seeth too fast, then you must haue another Panne with water ready seething, to shift the Oranges out of the other water when they haue sodden a little while, and so haue one panne after another, to shift them still vpon the fire tenne or twelue times, to take away the bitterneesse of the Oranges, and you must keepe them as whole

whole as you can in the boyling, and then take them vp by one and one, and lay them vpon a Platter, the hole being dovneward, that the water may run the more clearer out of them, then let them stand so vntill ye haue boyled your sirrop, and then take to euery two Oranges, a pint of water, and a pound of Sugar, let your Sugar be finely beaten befoze you put it into your liquoꝝ, and loke that the kettle you boyle them in, be sweete Masse, then take ten white of Egges, and put them into your kettle with your liquoꝝ and Sugar, and beate your whites of Eggs, and the liquoꝝ together, a good quarter of an houre, then set your liquoꝝ vpon a soft fire of coales, and let it seeth so longe as you can haue a faire Scummer, and a Cullender ready, and set your Cullender in a faire Basen, and as your whites of Egges rise in scumme, take them vp with your scummer, and put them into your Cullender, and you shall haue a great quantity of sirrop come from your scumme, thzough your Cullender into your Basen, and that you must saue and put it into your kettle againe, and when your great scumme is off, there will arise still some scumme, which you must take off with a scummer, as cleane as you can,

and when your sirrop hath sodden a pretty while, then put in your Dzeniges, and let them boyle softly, till you thinke they be enough, and the sirrop must be somewhat thicke, then let your Dzeniges stand all night vpon the fire, but there must be nothing but timbers, and in the morning take them vp and put them in glasses or gally pots.

To preserue Cherries.

TO euery pound of Cherries take a pound of Sugar, that done, take a selu Cherries, and distraine them so make your sirrop, and to euery pound of Sugar and Cherries, take a quarter of a pound of sirrop, and this done, take your sirrop and Sugar, and set it on the fire, then put your Cherries into your sirrop, and let them boyle fine seuerall times, and after euery boyling scum them with the backside of a spoone.

To preserue Gooseberies.

TAke to euery pound of Gooseberies, one pound of Sugar, then take some of the Gooseberies and distraine them, then take the sirrop, and to euery pound of Gooseberies, take halfe a pound of sirrop, then set the sugar and sirrop ouer the fire, and put in the Gooseberies, and boyle them souce seuerall times, and scum then cleane.

To

To Distill Waters.

To make Hipocras.

TAke a Gallon of white Wine, Sugar 2. pound, of Sinamon y. d. Ginger, y. d. long Pepper y. d. Mace y. d. rot brused, graines y. d. Galigall s. d. ob. Clones not bzuised, you must bzuisse euery kinde of spice a little, and put them in an earthen pot all day, and then cast them thzough your bags 2. times, or more as you see cause, and so ozinke it.

To make Sinamon water.

TAke Renniſh wine a quart, or Spanish wine a pinte, Rosewater a pinte and a halfe, Sinamon bzuised a pound and a halfe, let these stand infused the space of 24. houres, then distill it, and being close stopp'd and luted, then with a soft fire distill the same softly in a Limbecke of glasse and receiue the first water by it selfe.

Also if you bee despos'd to make the same water weaker, take thze pintes of Rosewater, and a pinte and a halfe of Renniſh wine, and so distill the same, and you shall haue to the quality of stuffe, the quantity of the water, which is thze pintes, but the first is best and

and so reserve it to your use, both morning and evening.

To make Sinamon water another way.

Take three quarters of Muscadine and a pound of Sinamon, and halfe a pinte of good Rosewater, and so let them be infused the space of 24. houres, and distill it as aforesaid, and you shall receive to the quantity as to the qualitie, but the first pinte is the best and the chiefest of all the other, as is manifest by practise.

To make the water of Life.

Take Balme leaues and stalkes, Burnet leaues and flowers, a handfull of Rosemary, Turmintill leaues and rootes, Rosa Solis a handfull, red Roses a handfull, Carnations a handfull, Hyssope a handfull, Lime a handfull, Red stringes that grow upon Saueroy a handfull, red Fennell leaues and rootes a handfull, red Mintes a handfull, put all these Hearbes into a pot of earth glazed and put thereto as much white Wine as will couer the Hearbes, and let them soake therein eight or nine dayes, then take an ounce of Sinamon, as much of Ginger, as much of Nutmegs, Cloues and Saffron a little quantity, and of Aniseedes a pound, great

great Carlines a pound, of Sugar a pound, halfe a pound of Dates, the hinder part of an olde Coney, a good fleshy running Capon, the flesh and sinewes of a Leg of Mutton, soure young Pigeons, and a dozen of Larkes, the yolkes of twelue Eggs, a loafe of white bread cut in sippets, Muscadine or Bastard 3. Gallons, or as much in quantity, as will suffice to distill all these together at once in a Limbecke, and thereto put of Methybatum two or three ounces, or else with as much perfect Treacle, and distill it with a moderate fire, and keepe the first water by it selfe, and the second water alone also, and when there cometh no more water with stringes, take away the Limbecke, and put into the Pot more Wine upon the same stuffe, and still it againe, and you shall haue another good water, and shall so remaine good. In the first ingredience of this water, you must keep in a double glasse warily, for it is restorative for all principal members, and defendeth against all pestilentiall Diseases, as against the Palsie Drop sic, Splene, Yellowe or blacke Jaundice, for wormes in the belly, and for all Agues be they hot or colde, and all manner of Sturlinges, and pestilentiall sorrowes in Man as

Pelans

Melancholy and Plegmaticke, and it streng-
theneth and comforteth all the spirits and
strings of the braine, as the heart the milke,
the liuer and the stomacke, by taking thereof
2. or 3. spoonfulls at one time by it selfe, or
with Ale, Wine, or Beere, and by putting a
pretty quantity of suger therein, also it hel-
peth discretion, and doth breake winde, and
stoppeth lakke, and bindeth not, and it migh-
tily helpeth and easeth Man or Woman of
the paine of the heart burning. & 102 to quic-
ken the memozy of man, and take of this
water 3. spoonfulls a day, in the morning, and
another after he goeth to dinner, and the
third last at night.

To make Aqua Composita for a Surfet.

Take Rosemary, Fennell, Hyssope, Time,
Sage, Horehound, of each of those a hand-
full: Penicpall, red Wints, Pargernin of
each six crops, a roote of Enula Campana, of
Liquozice, Anniseeds bruised, of each 2. oun-
ces: put al these to 3. gallons of mighty strong
Ale, and put it into a brasse pot ouer an easie
fire, and let the Limbecke vpon it, and stop
it close with dowe or paste, that no ayre doe
goe out, and so keepe it stilling with a soft
fire, and so preserve it to your vse, as neede
requireth.

Approved

*Approved Medicines for Physicke
and Chirurgery.*

A medicine for the Megrim, Impostume
of the Rewme, or other Discaies
in the head.

Take Bellitoy of Spaine, the weight
of a groate, and halfe so much Spic-
gall, beate these into powder, take the
toppes of Slope, of Rosemary with the
flowers, 3. or 4. leanes of Sage, in the whole
of these hearbes one small handfull, boyle all
these hearbes with the Spices in halfe a pint
of white Wine, and halfe a pint of Wine-
ger of Roses, untill one halfe of the liquoz be
consumed, then straine forth the hearbes and
set the liquoz to cole, and being colde, put
thereunto three spoonfulls of good Mustard.
and so much Honey as will take away the
tartenesse of the Medicine, and when the
Patient feelth any paine in his head, take a
spoonfull thereof, and put it into his mouth
and holde it a pretty while gargaling, and
then spit it forth into a vessell, and so vse to
take tenne spoonfulls at one time in the mor-
ning fasting, vsing this three dayes toge-
ther,

ther, when they feele themselues troubled with the Ketums: at the fall and Spring of the lease is best taking thereof, and by the grace of God they shall finde ease.

You must keepe this same medicine very close in a Glasse, whose goodnesse will last 10. dayes, and when you take it, warme it as milke from the Cowe.

To defend Humors.

Take Beanes, the rinde of the upper skin being pulled off, bruisse them and mingle them with the white of an Egge, and make it sticke to the Temples, it kepeth backe humors flowing to the eyes.

To make very good Pottage to be vsed in the morning.

Take a Chickin, and seeth it in faire water, put to it Violet leaues a handfull or two, or else some other good hearbes, that you like in the stead of them, and so let them seeth together, till the Chickin be ready to fall in peeces, then straine it, and cut thin peeces of Bread, and seeth it till the bread be very tender, and then season it with Salt.

And on the fifth day, seeth the hearbes as before in faire running water, and straine it and seeth bread as before in it, and season it with salt, and put in a peece of Butter.

To

To make another Pottage to loose the body.

Take a Chickin, and seeth it in running water, then take two handfulls of Violet leaues, and a good pretty sorte of Rayns of the Sunne. picke out the stoncs, and seeth them with the Chickin, and when it is well sodden season it with a little salt, straine it and so serue it.

To make a Cawdle to comfort the Stomacke, good for an old man.

Take a pinte of good Muscadine, and as much of good stale Ale and mingle them together, then take the yolkes of 12. or 13. Egges new layde, beate well the Egges first by themselves, and with the Wine and Ale, and so boyle it all together and put thereto a quartern of Sugar, and a few whole Bare & so stirre it well, till it seech a good while, and when it is wel sodden, put therein a few slices of bread if you will and so let it soke a while, and it will be right good and wholesome.

To make Strong broth for sicke men.

Take a pound of Almondes, and blanch them, and beate them in a moxer very fine,

fine, then take the bzaines of a Capon, and beat with it, then put into it a little cream, and make it to draw through a strainer, then set it on the fire in a dish, and season it with Rosewater and Sugar, and so stirre it.

To make Broath for one that
is weake.

Take a leg of Meele, and set it over the fire in a gallon of water, scumming it cleave: when you haue so done, put in 3. quarters of a pound of small Baylines, halfe a pound of Pzunes, a good handfull of Burrage, as much of Langbeche, as much Spints and the like quantity of Harts tongue, let all these seeth together, til all the strength of the flesh be sodden out, then straine it so cleane as you can, and if you thinke the patient be in any heate, put in Tiolet leaues and Sauoie as you doe of the other herbes.

An excellent drinke for the Tifficke
well approued.

Take a handfull of Fennell rootes, as much Parsly rootes, as many Alexander rootes, halfe a handfull of Bozage rootes, and put out the pithe of the said rootes, then take halfe a handfull of Penyrill, as much of Tiolet leaues and as much of Cinkfoyle, as much Succory, Endine, Hollyhock leaues,
Pallow

Pallow leaues, and red Garden mints, of all these the like quantity as of those next before, halfe a handfull of Liquorice stickes scraped, bruised and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boyle these seedes with them, that is three poundes of Anniseeds, as much Fennell seedes, the like of Coliander seede, and Commin seede, a good handfull of Dandelion roots, and so boyle all together from a gallon to a pottle and let the Patient drinke thereof sicc and last and it will helpe him in short space, Probatum est.

For one that hath drunke Poyson.

Take Betony and Stampeit, and mingle it with Water, and the poyson that the party hath drunke, will presently come forth againe.

To restore Speech that is sodainly lost.

Take Penyrill, temper it with Syfel, and giue it to the sick to drinke, and lay also a plaister of it to his nostrils so griened.

To make a good plaister for the
Strangurie.

Take Hollyhokes and Tiolet, and Mercury: the leaues of these herbes, or the seedes of them, also the rinde of the Elder tree, and also leyd Root, of each of these a
handfull

handfull, and beat them smal, and seeth them in water, till halfe be consumed, then put thereto a little oyle Olive, and all hot make thereof a playster, and lay it to the soze and reynes. also in the Summer thou must make him a drinke in this manner: take Sarrisage and the leaues of Elberne, Fine leaved grasse, and seeth them in a pottle of Ale Ale, till the halfe be wasted, then straine it and keepe it cleane, and let the sickedrinke thereof first and last, and if you lacke these hearbes because of Winter, then take the rootes of Fine leaved grasse, and dry them, and make thereof powder then take Dyershelles and burne them, and make powder also of them, and mingling them together, let the sick use thereof in his Pottage and drinke, and it will helpe him.

To make a powder for the Stone and Stranguillian.

Take blacke Bramble berries while they be red, Bay berries, the inner pithe of the Ashes Keyes, the stones of the Eglantine Berries clouen, rubbed from the haysse, Putkeyes, the roots of Philopendula, of all these a like quantity, Acorne kernels, the stones of Sloves, of each a like quantity, dry all these on platters in an Ouen till they may be beaten

beaten to powder, then take Cromell seeds, Sarrisage seeds, Alexander seeds, Coliander seed, Parsly seed, Commin seed, Fennell seed, Annis seeds, of each of the se a like quantity, as much as is witten, and dyed in like sorte, then beate all these to fine powder, and take Liquorice of the best that you can get, faire scraped, as much in quantity as of all the other, beate it fine, and mingle it with the same powder, and so keeping it close that no winde come at it, vse it first and last with Posset drinke made with white wine or Ale, and when you eate your Pottage or other broath, put some in it if you be sore pained, and if you haue any stone, it will come away by shiuers, and if it doe so, when you thinke that your water beginneth to cleare againe, take this drinke that followeth, and it will cleane your bladder, and will leaue no corruption therein.

The drinke for the Stone.

Take Rosemary, and Lime, and seeth them in running Water, with as much Sugar as will make it swete from a quart to a pinte, vse the quantity of your hearbes according to your discretion, so that it may saour well of the hearbes, and so vse it nine moynings, 6. or 7. spoonfulls at a time.

A Copie of Doctor Steuens water.

Take a gallon of Gascoigne wine, then take Ginger, Galingale, Camomile, Sinamon, Graines, Cloues, Pace, Anniseeds, Fennellseeds, Caraway seeds, of euery of them one dramme, that is two pence halfe penny waight, then take Sugar, minced red Roses, Lime, Pellitory of the Wall, wilde Pargerum, Penirgall, Perymountaine, wilde Lime. Lauender, Quens, of euery of them one handfull, then beate the Spice small, and bruis the hearbes, and put all to the wine, and let it stand twelue houres, stirring of it diuers times, then fill it in a Limbecke, and keepe the first pinte of water by it selfe, so it is best. then will come a second water, which is not so good as the first. The vertue of this water is this, It comforteth the spirits, and pserueth greatly the youth of man and helpeth inward diseases comming of colde: against the shaking of the Palsie, it cureth the contraction of the sinewes, and helpeth the Conception of women. it killeth Wormes in the belly, it helpeth the Tooth-ache, it helpeth the colde Grippe, it comforteth the stomacke, it cureth the Colic Drop sic, it helpeth the Stone in the bladder, and the reynes of the backe, it cureth the

of Phisicke.

the Canker, it helpeth shortly a Sinking breath. And whoso bseth this water now and then, and not too often, it pserueth him in good liking, and will make him seeme yong very long.

To make white broth with Almonds.

First loke that your meate bee cleane washed, and then set it on the fire, and when it boyleth scum it cleane, and put some salt into the pot then take Rosemary, Lime, Asop and Pargerum, binde them together, and put them into the pot, then take a dish of sweete Butter, and put it also into the pot amongst your meate, and take whole Pace, and binde them in a cloath, and put them in to the pot with a quantity of Marjuyce, and after that take such a quantity of Almondes as shall serue the turne, blanch them, and beat them in a morter, and then straine them with the broth when your meate is in. And when these Almondes are strained put them in a pot by themselves, with some Sugar, a little Ginger, and also a little Rosewater, and then stirre it while it boyle, and after that, take some sliced Drenge without the kernels, and boyle them with the broth of the pot upon a Chafindish of coales, with a little Sugar, and then haue some Appits

ready in a platter, and serue the meate vpon them, and put not your Almonds in till it be ready to be serued.

To make a Tarce to cause courage in a man or woman.

Take two Quinces and 2. or 3. Barre rootes, and a Potato, and pare your Potato and scrape your rootes, and put them in to a quart of Wine, and so let them boyle till they be tender, and put in 1. ounce of Dates, and when they be boyled tender, drain them through a strainer, wine and all, and then put in the yolkes of 8. Eggs, and the braines of 3. or 4. Cock Sparrowes, and straine them into the pther and a little Rosewater, and seeth them all with Sugar, Cinamon, ginger, cloves and mace. & also put in a little sweete Butter, and set it vpon a Chafindish of coales, betweene two platters, and so let it boyle till it be something thicke.

To make a sirrop of Quinces to comfort the Stomacke.

Take a Pint of the ioyce of Quinces, a pound of Sugar, and halfe a pinte of Vineger, of Ginger the weight of five groates, of Cinamon the weight of five groates, of Pepper the weight of five groates.

A

A medicine for all Sores.

Take vnwrought Ware, Turpentine, oyle Olive, Shæpes Tallow or Dares Sewet, a quantity of enery one of them, and then take a quantity of the ioyce of Bugell, the ioyce of Smalledge, a quantity of Rosen, and boyle them all together ouer a soft fire, stirring them alwayes, till they bee well mingled, and that the greenesse of the ioyce become, and then straine it through a faire cloth into a cleane vessel, and this shall heale Wound or scize, whatsoeuer it be.

Another for all Sores.

Take a quarter of a pound of Pitch, as much of Ware, as much of Rosen, as much of Capons grease, or other soft grease, and put them in a panne, and seeth them all together, till they be melted, and then straine them through a faire cloth, and make a plaster to lay to the place griened.

A powder peerelesse for Wounds.

Take Oypiment and Merdigraes, of each two ounces, beate each of them by it selfe in a Brazen mortar as small as flower, then mingle them all together, that they appeare all as one, and kepe it in Bags of Leather well

¶ 4

well

well bound, for it will last seauen yeare with one vertue, and it is called Powder peerelesse, it hath no peere for working in Chirurgie, for put of this powder in a wounde whereas is dead flesh, and lay scrap'd Linde about it, and a playster of Diuifolius next vpon it, and it will heale it.

To make water Imperiall for all wounds and Cankers.

Take a handfull of red Sage leaues, a handfull of Selandine, as much Woodbinde leaues, then take a gallon of Conduit water and put the hearbes in it, and let them boyle to a pottle, and then straining the hearbes through a strainer, take the liquor and set it ouer the fire againe, and take a pinte of English Honey, a good handfull of Roch Allom, as much of white Coppas, Lime beaten, a penyworth of Claines brused, and let them boyle all together, three or foure hournes, and then let the scum be taken off with a feather, and when it is colde, put it in an earthen Pot or bottle, so as it may be kept close, and for an olde wound take of the thinnest, and for a greene wound of the thickest, and hauing dressed them with this water, touner the soze either with Heale or Pullon, and skinne it with Dock leaues.

To

To make water Imperiall another way.

Take a handfull of Dragon, of Scabious, of Endiue, a handfull of Pimpernell, a handfull of Wormewood, of Rew, of Tanse of Comflops, of Gardenhayre, Cinquefoyle, Fetherue, Daylie leaues, Dandelion, Lime, Balme, of each of these hearbes a handfull, of Treacle a pound, of Wile Armonacke foure ounces, and when you haue all these hearbes together, you must take and chred them a litle, not too smal, then take the Treacle, and Wile Armonack and mingling them and the hearbes al together, put them in a Stillator and distill them, and set.

To make Rosemary water.

Take the Rosemary and the flowers, in the midst of May, before Sunne arise and strip the Leaues and the flowers from the stalkes, take 4. or 5. Cnula campana roots, and a handfull or 2. Sage, then beat the Rosemary, Sage, and roots together, till they be very small, and take 3. ounces of Cloues, 3. ounces of Spice, 3. ounces of Quibles, halfe a pound of Annisseedes, and beate these spices euery one by it selfe. When take all the hearbes and the spices, and put thereto foure or fve gallons of good white

white Wine, then put in all these Hearbes, Spices, and Wine, into an earthen pot, and put the same pot in the ground the space of fiftene dayes, then take it vp, and Distill it with a very soft fire.

To staunch blood.

Take Bole Armoniack, and Turpentine, and making a playster lay it to, or take the mosse of the Hazell tree, & cast it into the wound, and it will staunch forthwith: and the longer that it is gathered the better it is. Also take a good peece of Martinmasse Waxe out of the rose, and heate it on the Coales, & as hot as you may suffer it lay it thereto: also take a peece of leane salt Waxe, and let the Waxe be of that greatnesse that it may fill the wound, and lay it in the fire in the hot ashes, till it be hot through, and being hot, thrust it in the wound and binde it fast, and it shall staunch anon the bleeding, when a matter hath is cut, and if the wound be large.

For swelling that commeth sodainly in mans limbes.

Take Hartes tongue, Cherfoyle, and cut them small, and then take Dregges of Ale and Wheate branne, and Chapes Calloes molten, and doe all in a pot, and seeth them

them till that they be thicke, and then make a plaister and lay it to the swelling.

Also take saite water and salt, and stirre them well together, and therein wet a cloth and lay it to the swelling.

A good oyntment for scabs, and Itching of the body.

Take foure ounces of Oyle de Bay, and an ounce of Frankinsence, and 2. ounces of white Whay, and 3. ounces of Swines greace, and an ounce of Quicksiluer, that must be slacked with falling spittle, an ounce of great Salt, as much of the one, as of the other, and of all these make an oyntment, and if the scabs or Itch be vpon all the whole body as well aboue the girdle as beneath, then when thou goest to bedd wash both thy handes and thy feete with warme water, and battle them well therein by the fire, and after drye them with a cloth of Linnen, then take vp with thy fingers of that oyntment, and doe it in the palmes of thy handes, and in the soles of thy feete, and rub it well together that it may drinke in well and if it soake in well, thou must put Gloues on thy handes and sockes on thy feete, and thus doe every night when thou goest to bed: and if the scabbe or Itch be aboue the girdle, and

Approued Medicines

and not beneath, then annoynt but thy hands, and if the scabbe be beneath the girdle, then loke that you annoynt the soles of your feet, and if the scab or Itch bee in all the body, as well about the girdle as beneath, then thou must annoynt both thy handes and thy face as thou sittest by the fire, and thou shalt be whole: this hath bene proued.

For all manner of Scabs.

Take Enula Compana, red Dock rootes, Nightshade, Woodbine leanes, and then cast in a peece of Allome, and put in Nutrioll Romans rubred, and when it is colde, wash the scabbes therewith.

Also take white Syntment, Brimstone, Quicksiluer, Turdigrease, and mingle them together, and therewith annoynt the soze scab.

For sinewes that be broken.

Take Wormes while they be knit, and loke that they depart not, then stampe them and lay it to the soze, and it will knit the sinewes that are broken in two.

To knit sinewes that be broken.

Take Archangell, and cut it in small gobets and lay it to the soze, and take Spilfoyle and stampe it, and lay it about it hard bound, and let it lye so thre dayes, and at thre dayes end take it away, and wash it with

with Wine, then make a new plaister of the same, and at 3. dayes end put thereto another and doe nothing else thereto.

Also take Penyvall and beate it, and put Salt enough to them, and temper it with Honey, and make a plaister thereof, and lay it vpon the sinewes that be stiffe, and it will make them so stretch.

For sinewes that are shortned.

Take the head of a blacke Sheepe, Camomill, Hozell leanes, Sage of each a handfull, and beat these herbes in a Mortar, then boyle them all together in Water, till they be well sodden, and let them stand till that they be colde, then draw it through a Strainer, and so vse it.

An oyle to stretch sinewes that be shrunk.

Take a quart of Peates softe Oyle, a pinte of Peates Oill, and halfe a pinte of Rosewater, as much Aqua vitæ, then put all these together into a brasle panne, then take a handfull of Lavender cotton, and as much of Bay leanes, a good quantity of Rosemary, a good quantity of Lavender spike, of Strawberry leanes the stringes and all, then take thre and binde them all in several bunches, and put them into the pan

or pot and set them ouer the fire vpon cleare Coales, with the Oyles al together, and so let them boyle a good while, and when it is boyled enough, it will boyle but softly, then take it off the fire, and let it stand till it be almost colde, then straine it out into a wide mouthed Glasse, Bottle or pewter pot and stop it close, so it will not continue in no wooden thing, and where the sinewes be shrunk, take of this being warmed, and annoynt the place therewith, then chafe it well against the fire, and vse this morning and evening, and keeping the place warme you shall finde great ease.

A soueraigne Oyntment for shrunk
Sinewes and Aches.

Take eight Swallowes ready to flye out of the nest, dyne away the bræders when you take them out and let them not touch the earth, stampe them vntill the feathers cannot be perceiued, put to it Lauender cotten, the stringes of Stratoberies, the tops of mother Time, the tops of Rosemary, of each a handfull, take all their weight of May Butter, and a quart more, then hauing stamped the feathers in a stone mortar that nothing can be perceiued, make it vp in
Balles,

Balles, and put it into an earthen Pot for eight dayes close stopped that no ayre take them, then take it out, and on as soft a fire as may be, seeth it, so that it doe but simmer, then straine it, and so reserve it to your vse.

A remedy for the Shingles.

Take Dones durt that is mostie, and of Barly meale heaped halfe a pound, and stampe them well together, and put thereto halfe a pinte of Vineger, and mingle them together, and so lay it to the sore colde, lay Wall leaues thereupon, and so let it lye thre dayes vnrremoued, and on the third day if need require, lay thereto a new playster of the same, and at the most hee shall be whole within thre playsters.

To make one slender.

Take Fennell, and seeth it in Water, a very good quantity, and wringing out the iuyce thereof when it is sodde, exsike it first and last, and it shall swage either man or woman.

Certaine



*Certaine approved pointes of Husbandry,
very necessarie for all Husbaud-
men to knowe.*

First of Oxen.

Thens wherby an Oxe is known to be good and toward for the worke, are these: ready and quicke at the voyce, hee moueth quickly, hee is short and large, great eares, the Hornes liuely and of meane bignesse, and blacke, the head short, the best large, a great pauch, the taylor long, touching the ground, with a tusse at the end, the haire curled, the backe straight, the reynes large, the legges strong and finewie, the hofe short, and large: the best colour is Blacke and Red, and the next vnto that the Baye and Paled, the White is the worst, the Gray and the flallow, or Yellow is of the least value.

The

of Husbandry 95

The charge of one that keepeth them, is chiefly to vse them gently, and so serue them with meate and good Litter, to rub or kembre them at night, and to stroke them ouer in the morning, washing sometimes their tayles with warme water, also to keepe their stable cleane, and that the Poultrie or Fowles come not in, for the feathers may kill the wren, and the dung of sicke Hogs breedeth the murther.

Item, you must know discretely when Oxen haue laboured enough, and when but little, for according to that, they are to be fed.

Item, that you worke them not in a time too colde or too hot.

Item, that you suffer them not to drinke presently after a great labour, and that you binde them not by forthwith, vntill they be a little refreshed abroad.

The Oxe desireth cleare or running water, like as the Horse desireth the puddle or troubled water.

Item, that at their coming home, hee alwayes outlooke them, whether there bee any Thorne in their feete, or if the yoke haue gauled them.

In France they selde all their Bul-calues about

about the age of two yeares , and that at the fall of the lease.

The day when they are to be cut they must not drinke, and must eate but a little. When sodainly clip the sinewes of the flones with a paire of Tonges , and so cut out the flones in such sort, as they leaue behinde the end that is tyed vnto the sinewes , for so the Calf or Bullocke shall not bleed ouermuch nor shall lose all his virility and courage.

At the age of ten monethes , the Bullocke changeth his foeteth , and at six monethes after they scale the next teeth, and at the end of thre yeares he changeth all his teeth.

Note when an Oxe is at best, his teeth are equall , white and long, and when he is olde the teeth be vnequall and blacke.

If an Oxe haue the laske , which often times is with blood , and maketh him very weak , they keepe him from drinke foure or fve dayes , then giue him Walnuts and hard Cheese tempered in thicke Myle , and for the bittermost remedy they let him bleed in the middest of the forehead.

To make him lose bellyed they giue him two ounces of Aloss , made in powder with warme water.

An Oxe pisseth blood of being too much chafed,

chafed, or of eating ill hearbes , or flower, then keepe him from drinke, and drench him with Treacle in two vints of Myle or Ale, putting thereto Saffron.

For the Cough seeth Hyssop in his drinke.

For the biting of an Adder, or venemous Dog , then anoynt the place with Oyle of Scorpion.

If he be lame of colde in his fete, then brash him with olde Myle warmed.

If he be lame of the abundance of blood fallen downe into the pastornes and houle, they dissolue it by rubbing and lancing.

Item, the better to keepe your Oxe in health, whether they be to be labourd, or to be fatted , then wash his mouth eight dayes with Myle . so that will take away much steame, which taketh from an Oxe his taste and stomacke.

If the steame haue made him haue the marre which is knowne by the watering of the eye, they wash his mouth with Myle and white Myle, or rub it with water and salt.

Of Horses.

Tokens of a good Colte: the Head little and leane, the Care straight, the Eyes great, the nostrils wide, the Necke little so

wardes the head, the backe short and large, close bellied, the collions or stoncs squall, and small, the taylor long stuffed with haire thicke and curled, the legs equall high and straight, the hoo'e blacke hard and high, he should be quicke and pleasant.

The age of Horses is knowne partly by the hoo'e and principally by the teeth. When the horse is two yeares and a halfe, the middle teeth above and beneath doe fall.

When hee is foure yeares olde, the dog teeth fall, and others come in their places because he be sixe yeares olde, the great teeth aboue doe fall, and the first reare the first that fell come againe, the seauenth yeare all is full and they be all shut.

Of Sheepe.

Certaine dayes before the Hammes be put to the Cwes, drench them with salt water, thereby the Cwes will take the better and the Hammes (they say) were more full of appetite.

To haue many male Lambes, they chuse a dry time, and the winde at North, letting the Cwes goe in pasture that lyeth open against the Northewind, and then put in the Hammes.

To

To haue many female Lambes, then contrariwise obserue the South winde.

When a Cwe is with Lambe, if she haue a blacke tongue (they say) the Lambe will be blacke, and if the tongue be white, the lambe likewise will be white.

Tokens of a good sheepe: a great body, the necke long, the woolle softe and fine, the belly great and couered with woolle, the tettes great, great eyes, long legges, and long taylor.

Tokens of a good Hamme, the body high and long, a great belly couered with woolle, a flaxe thicke, the forehead broad, eyes blacke with much woolle about them, great eares couered with woolle, great stoncs, well hoyned, but the more weathed the better, the Tongue and Pallet of the mouth all white, to the end that the Lambes may be likewise white.

Of Hogges.

The Hogge of himselfe though filthy yet (they say) he prospereth the best, if he lodge in a cleane sty, and euery month his sty should be cast ouer with fresh granell, or sand, to make his lying fresh, and to drye up the pisse and filth.

They ge'be their Pigges, when they are a yere olde or fire monthes at the least, for they were much greater if they be gelded at the saide age.

They chuse them for Bores, that haue the heat short and large the breast large, colour Bracke or White, the fecte short, the legges great, and they that haue strongest haire on the top of their backe.

Those are to be kept for Sows which be longest, with hanging Bellies, great Tetter, deepe ribbed, a little Head, and short Legges.

Hogges be sicke when they rubbe much their eare, or refraine their meat, but if none of these signes appeare, they plucke off one of his haire on the backe, if it be cleane and white at the roote he is well, if it be blode or foule, he is sicke.

They will haue their Hogges either all White or all Blacke, but in any wise not speckled or of two colours.

They refraine from dunging their Lane while the Powna increaseth, for that they obserue the more abundance of Waxes to come thereby.

Touching the Sowing of Beanes, they doe obserue this, At the fall of the Leafe in Strong

Strong Land, they sow the great Beanes. At Springtime in weake and round ground they sow the common small Beanes, and of both sorts at the full of the Moone, that they may be the better coddred.

They vse to Cut them at the new of the Moone before day.

Their flaxe as soone as they haue gathered it, they set it vnder a house or Houel, and suffer it not to take Raine or Dew as we doe.

To make Chalse loke yellow, they put in a little Saffron.

To keepe Apples, they lay them on straw strewed, the eye of the Apple downewards, and not the stomme.

And when they would haue any great store, well and long kept from perishing they gather and chuse the soundest, heauyest and fairest, being not ouer riped, they prouide a Hogshed, fatts, or great hutch, they bring the Apples where it shal stand, then they lay a layre of strawe, and vpon the same a layre of Apples, and then straw againe, and Apples likewise, untill the vessell be full to the brimme, shutting it close with the head or couer, that no ayre come in.

To cure the mallow of trees that beare woxme,

woorme eaten fruit, with cometh of much wet or a moist season, at that time they pierce the Trees through with an Auger, as neere the Rotes as they may, to the end that the humors wherewith the Wormes doe breed, may distill out of the Tree.

If Trees through oldenesse or otherwise, leaue bearing of fruit usually, they vse not to loppe them but onely cut away the head boughes, they also vncouer the rotes after All Saints tide, and cleaue the greatest of the rotes - putting into the cliftes Shivers of Flintes, or hard Stones, letting them there remaine to the end that the humors of the earth may enter and ascend into the Tree: After about the end of Winter, they couer againe the rotes with very good earth, or if they haue any dead Carrions they bury them about the rotes of such Trees.

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The Table of this Booke, gathered according to curry Page throughout the whole Booke.

O Order for Seruing meat at the Table, Page. 1. 2. 3	Boyle a Chickens, 9
Boyle'd Meates.	To boyle a Hentes tongue, idem
To boyle a bratwe, 4	To boyle Pigges peritones, idem
To boyle meates for Dinner, Idem	To boyle a Coney, idē
To boyle meates for Supper, 5	To smere a Coney, 10
To boyle a leg of Mutton with a pudding, 5	To boyle a Conyes, idē
To boile a Lambs head and Purtenance, 5	To boyle a Capon, 11
To boyle a Mallard with Cabbedge, 6	Another to boyle a Capon, idem
To boyle a Ducke with Turneps, idem	To boyle a Capō with Arrop, 12
To boyle Mutton and Chickens, 7	To boyle a Capō with Oranges and Lemmons, idem
To boyle Chickens, idē	To boyle a Capon in white broth with Almondes, 13
Another to boyle Chickens, 8	To boyle a Capon in white broth, idem

The Table.

To boyle Pigeons in
blackbroth, 14
To boyle Puggets, 15
To boyle pye meat, idē
To make boyled meate
after the French man-
ner, 16
To boyle Teales, 17
To boyle Flouers, idē
To boyle Quailles, idē
To boyle Larkes, 18
To make a Mortis, idē

Stew'd Meates.

To stew Steakes be-
tween two dishes, 18
To stew Steakes of
Mutton, 19
To stew Calves feet, idē
To stew a Mallard, idē
To stew a Cocker, 20
To soltre a Pig, 21

Roste Meates.

To make Bloes, 21
To make a Pudding in
a brest of Aleale, 22
To rost Deere tongues
To rost a Hare, idē
Another way, 23
To rolle a Carpe or
Tench with a Pud-
ding in his belly, idē
To soltre a Coney, idē

Bak'd Meates.

To bake a Gammon of
Bacon, 24
To bake a Gammon of
bacon to keepe cold, idē
To bake a fillet of beefe
to keepe cold, idē
To bake fillets of beefe
or Clods in stead of
red Deere, idē
To bake a Meates
tongue, 25
To make a Pye to keep
long, idē
To bake calves feet, 26
Another to bake calves
feet, 27
To bake a leg of Aleale
Another bak't meat, idē
To bake a brest of
Aleale, 28
To bake a leg of Lamb,
idē
To bake a turky with-
out bones, 29
To bake a Coney, 30
To bake Conyes, idē
To bake a Hare, idē
To bake a kid, idē
To make a Aleale Pye
31
To make Mutton pres
idē
To make a Mallard, idē
To

The Table.

To make a Pye of
humbles, 32
Another way to bake
humbles, idē
To bake red Deere, idē
To bake Chickens, 33
Another way, 34
To make Harrowpics
To bake Pigeons, idē
To make a Florentine,
35
To make butterpast, 36
To make good Bes-
bones, idē
To make a Maunt, 37
To make a drop for
bakeincates, 39
To make fine Crack-
nels, idē
To make fine Wicket
bread, 40
Another way, idē
To make fine bread, 41
Tartes.
To make all manner of
fruit Tartes, 42
To make a tart of Co-
rardes, idē
To make a tart of
wardens, 43
To bake Quinces,
Deares or wardens, idē
To make a tart of
green Pease, 44

To make a tart of
Rise, 44
To make a tart of
Prunes, idē
To make a tart of
Medlars, idē
To make a tart of
Damsons, 45
To make a tart of
Cherries, idē
To make a tart of
Strawberries, idē
Another way, 46
To make a tart of
Pippes, idē
To make a tart of
Spinage, idē
Another way, idē
To make a tart with
Butter and Egg, 47
To make a tart of an
Eare of Aleale, idē
To make a Custard, 48
To make Pyler Che-
wres, idē
Boyl'd Fish.
To boyle a Breame, 49
To boyle Muscles, 50
To boyle Stockfish, idē
To boyle diuers kindes
of fish, idē
To make blacke Pud-
ding, 51
To

The Table.

To make white Casinges.	51	To make Almond butter,	58
To make Sauzages.	52	Brother of the same,	59
To make a Sallet of all kinds of hearbs,	ide	To make a mace dish of Ditchokes,	60
To make a Sallet of Lemmons.	53	To make fresh Cheese and Creame.	idem
Fry'd Meates.		To make Parmelat of Quinces,	62
To fry Bacon.	53	Another way,	idem
To fry Chickens,	idem	To make Condoimack of Quinces,	63
To make Peascods in Lent,	54	To make Manus Christi.	64
To make fritter Russe,	idem	The Names of all necessary things for a Banquet.	65
A fritter to be made in a molde,	55		
To make fytters of Spinage,	idem	Preserues.	
Made Dishes.		To Preserue Quinces whole,	66
To make a dish with Dates and the iuyce of Oranges,	56	To preserue Peares=plums,	67
To make a Trifle,	idem	To preserue Oranges,	68
To make cast Creame,	idem	Another way,	68
To make blew=manger	57	To preserue Cherries,	70
To make blew=man=gle	idem	To preserue Gooseberries,	idem
To make an Apple moyle,	68	To Distill Waters.	
To make a Quince or Marden moyle,	idem	To make Hippocras,	71
		To make Cinamon water,	idem
		Another way,	72
		To	

The Table.

To make the water of Life,	72	To make a powder for the Stone and Strangurian,	80
To make Aqua Composita for a Surfet,	74	A Drink for the Stone,	81
Approu'd Medicines for Physicke & Chirurgie.		A Copp of Doctor Securus water,	82
A medicine for the Aggrum. Impostume of the Reine,	or other diseases in the head,	To make white broath with Almonds,	83
	7	To make a Carte to cause courage in men or women,	84
To defend humours,	76	To make Sytrop of Quinces to comfort the stomacke,	idem
To make Potage to be vled in the morning,	idem	A Medicine for all sores,	85
To make Potage to loole the toop,	77	Another of the same,	85
To make a Catwale to comfort the stomack,	for olde folkes,	A Powder peerlesse for wounds,	idem
To make strong broath for the men,	idem	Cankers,	86
To make broth for one that is weake,	78	Another of the same,	87
An excellent drinke for the Cisticks,	idem	To make Rosemary water,	idem
For one that hath Drunke popson,	79	To staunch blood,	88
To restore speech soe dauntly lost,	idem	For swelling that cometh sodainly in mens Limbes,	idem
To make a good plaster for the Stranguric,	idem	An opnement for scabs and Itching,	89
		For al manner of scabs,	90
			90

The Table.

For broken Anewes, 90	To make one Aender, idem
To knit broken Stewes, idem	
For Anewes Hoisted, 91	Certain pointes of Husbandry.
In Oyle to stretch	For Oxen, 94
Chunke Anewes, idem	For Horses, 97
Another for Chunke Anewes, and aches, 92	For Sheepe, 98
Remedy for the thingles, 93	For Hoggcs, 99

FINIS.

